EXPERIENCE JAPAN IN NEW YORK CITY

CHOPSTICKS NY®

APR 2014
#84
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Cleanse and Detox:

The First Steps to Maintaining Health and Natural Beauty

SPECIAL INTERVIEW

Patricia Field
(Stylist, Costume and Fashion Designer)

www.chopsticksny.com

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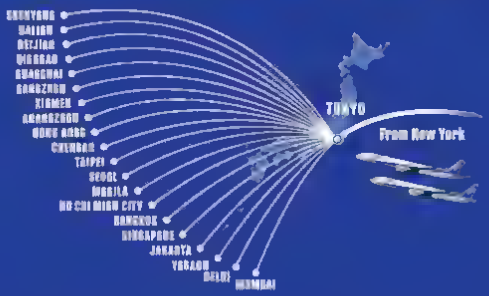

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CHOPSTICKS NY

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Ponto Ponte
www.as-amid.com
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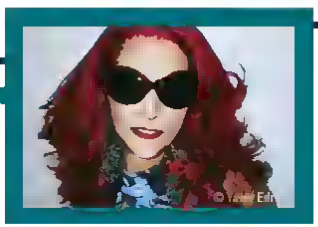

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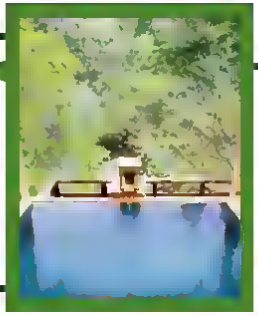

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"Part of the trick of the mismatch is that at the end of the day you call it the perfect mix match, because it's not a mix but a match, which is the narrative."

—— PATRICIA FIELD

It goes without saying that Patricia Field is the foremost authority in the fashion world, but a little known fact is that she is a huge Japanophile. She has visited the country multiple times and loves Japanese food. Hear all about her passion for anything and everything Japanese in this interview with Chopsticks NY.

After *Sex and the City (SATC)*, your name became synonymous with "New York Fashion in the early 21st Century." But you have been in the industry since the 60s, so how do you describe this phenomenon? Did NY finally catch up with you?

I think NY more than any other place has caught up with me, not completely but the most, and then it started to grow in the fashion world around the globe. After that *SATC* made it and they caught up a big step because it was world-wide to normal people, not just fashion people but all kinds of people living everywhere. Professionals, housewives, even husbands. Because I heard husbands use the name Manolo Blahnik, and I would laugh!

You are a master at finding perfectly matching mismatches. What is the trick for that?

Part of the trick of the mismatch is that at the end of the day you call it the perfect mix match, because it's not a mix but a match, which is the narrative. It's not does black go with white, or do shorts go with sweaters. It's the story that you're telling with yourself, and that is the match. It's not mixed. It's all a part of a sentence, and each piece is a word. When you put the words together, you have the complete sentence. It shouldn't be difficult because if you can construct a sentence and you know who you are and how you feel, then you know what you want to say. Then you go and you get the pieces, which are the words, and you make the sentence. We can all write a sentence and that's what I do, I write sentences.

NY is an important element in your style. What's so fascinating about the city for you?

I was born here in NYC, and I grew up in Manhattan and Queens. This is my hometown and I am a part of NY. I didn't move here. When I was a little girl, I used to go up and down the streets, I used to go to the library or wherever, this was my neighborhood. If you think about if your hometown is a farm community, for example. That would be natural to you, but if I went to a farm I would be like, "Wow!" because I was never on a farm before. So it's kind of like that.

Have you ever thought about moving to places like Paris or London to refresh your style?

No I never did. Although I like Paris and London, for me to move from NYC to another city that is similar, there's really no point for me. I could understand if I wanted to have an option to be by the beach or some different kind of place that I enjoy, but for the cultural stimulation and the lifestyle there's no place like NYC. And it's a big city but it's a small city, because everything is vertical. It's small in area, and the people are very close and bumping up against each other, hearing and seeing each other. You get all this worldwide information just walking down the streets of NYC. That's what makes it so wonderful.

You have a great understanding of Japanese culture. What was your first encounter with Japan and how did that influence you?

In the 80s we had a customer from Tokyo and we became friends, and this colleague had shops in Tokyo. Not exactly like ours but very similar, and

this person wanted to create a Patricia Field shop in Laforet in Harajuku. So I went there to develop this with him, and that time I remember walking on Meiji Dori and seeing a shop ASH + DIAMONDS that caught my eye because it looked a lot like my shop. It was nighttime and it was closed, but I looked in the window and I saw it and said "This is a cool shop." Soon after that in NYC a young woman walked into my shop, and she was the owner Masuko Kato of that shop. She imported all American clothes, her store was kind of sexy girl. She would come and buy clothes from the store, because in the 80s and the exchange rate things were cheap. She was my ambassador to Japan and became one of my best friends, until she passed away five or six years ago. She opened the doors of Tokyo for me: her friends, her lifestyle, her whatever. In the 90s I started to go there very often, shopping for my store. So she would be coming here and I would be going there and we would see each other all the time. Our friendship lasted until she died. Through her I understood so much more about the Japanese, because she opened the doors. I was there living, partying, talking, and working. Of course on this side all the Japanese kids started coming here in the 80s and they always loved my store because it was pop and they loved that. They loved the cartoons, and we were a favorite of the Japanese young people in NY. Japanese is very part of our substance. My buyer, my hair stylist and my graphic artist are Japanese, so it's part of our fiber.

Snppose you could choose one Japanese film or TV drama to style, what kind of story would you pick?

The story comes first, then comes the ofter. I don't create the story as that comes from the writer. I just create the clothes or the look. I can dress any story, and if I had to say what I'm looking for it's an intelligent story, not just for Japan but everywhere. For China, "Raise the Red Lantern" was a very intelligent story. It would be really interesting to take that and put it in our time zone.

The generation who enjoyed *SATC* over 10 years ago is now raising kids. Do yon have any tips for raising fashionable kids?

Fashion is a cultural expression, so my tip would be that if you raise your kids culturally, intellectually and artistically, they will be fashionable.

Generally people tend to become more conservative regarding fashion and make-up as they get older. Do you have any advice for maintaining a young fashion mind?

You wear what you feel. If you feel old, you're going to dress old. If you feel energy and excitement and interest, that's going to be reflected in the way you look, the way you maintain your body, the way you dress. It's not about old people trying to look young, it's about all people looking interesting whether they are young or old.

I can dress any story, and if I had to say what I'm looking for it's an intelligent story.

Are there any Japanese products or culture you would like to introdnce to New Yorkers?

Well. I love Japanese food. It's one of my top two cuisines along with Mediterranean, and it's trustworthy. I love the sake bar food, the whole style of small plates. I love noodles like ramen, and I also love shabu shabu very much, a lot of stuff. I like sushi, but I just reached a point with it and now I'm getting back to it. When Japanese culture started infiltrating NY and LA in the 70s, it was only sushi. Then as the years went by different Japanese cuisines started to come, so now there's all kinds. It's funny because I go to Greece a lot, and maybe five years ago there was a Japanese restaurant in Athens but it's all sushi. That's always the first thing, but here in NY you have all types of Japanese food, specialties such as noodles, barboqua, and sake bars. I do like sake and I drink it at home.

What is your favorite place in Japan?

I don't know what my favorite place in Tokyo is, but that place in the mountains, is it Nagano? A colleague Mr Nakamura built a museum there for Keith Haring, and he also has a cowboy restaurant and a natural spa. I really enjoy that and I have some great pictures from there. And I love Hakone, it's not far from Tokyo and also in the mountains. Anyway, I had a gorgeous weekend there with Japanese friends. We took baths and we ate, and we took more baths and ate again. Japanese classic 10-course meals in our suite. Beautiful! I had a lot of fun in Osaka, though it's very different from Tokyo. Osaka is more like NY and Tokyo is like Boston and Washington combined, do you know what I mean? Of course Tokyo is much more international.

— Interview by *Noriko Komura*,
Written by *Stacy Smith*

The Patricia Field

Patricia's boutique and salon is filled with her spirit. Carrying cutting edge outfits, costumes and accessories as well as providing hair and make-up services, the store has plenty of inspiration. The space is her former residence renovated into a store by connecting two buildings that face Bowery and Elizabeth Streets. The skylight found in the middle connecting area provides the place with a sanctuary-like feel.

306 Bowery (bet. Houston & Bleecker Sts.)
New York, NY 10012
TEL 212-966-4066
www.patriciafield.com

All Things New from Stores, Products to Events

CAFE

Omusubi Café Like No Other

Hanamizuki Café, a newly opened café in Chelsea is a cozy little place that stuffs a lot of goodness in such a small, pretty package serving one-of-a kind rice balls, soups, and other snacks, that not only uses both Japanese and Western flavors creatively, but also in a nutritionally balanced way. The mastermind behind this new café is Jumi Fujiwara, a health guru who also owns a hair salon. "I just can't stand seeing people eating in unhealthy ways. It's so important that one eats a balanced [meal] whenever they eat. So I had to create this place, a beautiful place where one can relax, and also eat a quick, guilt-free meal that caters to busy New Yorkers," she explains.

The beautifully simple, white wood interior and chic, country-style design is inviting, and you'll be relaxed upon entering the space. The lunch set is only $9 for two rice balls, two Japanese sozai (side dishes) and a soup, and these are no ordinary rice ball sets. Food consultant, Chef Kiyotaka Shinoki created the entire menu with a unique, multinational flare. For example, rice ball mixed with pepper and diced grilled unagi and wrapped with bamboo leaf, rice ball mixed with dried tomato, chili and nori-seaweed topped with teriyaki-SPAM, and miso soup with gnocchi made out of tofu. Desserts like chiffon cakes from Patisserie Tomoko in Brooklyn and "monaka" (Japanese style wafer sandwich) specially imported from Japan are also to die for.

Omusubi Plate for $9 comes with two rice balls of your choice, two sides (potato salad, pickles) and a soup of your choice.

Hawaiian (teriyaki-SPAM, sun dried tomato, chili, and nori) and Italian (salami, black olive, caper, fresh peppercorn) rice balls are examples of their creative style.

Monaka is a traditional Japanese snack with a wafer-like shell stuffed with sweets like red bean paste ice cream. Hanamizuki's high quality monaka has an irresistible delicate crunch and is gluten free.

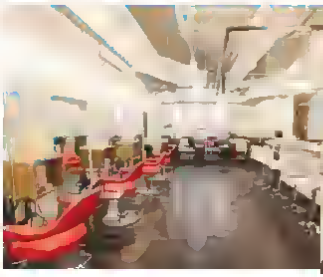
Interior space has a quaint, country feel that takes you out of the busyness of NY for a relaxing moment.

Hanamizuki Cafe 143 W. 29th St. (bet. 6th & 7th Aves.), New York, NY 10001 | www.hanamizukiny.com | TEL. 212-695-5533

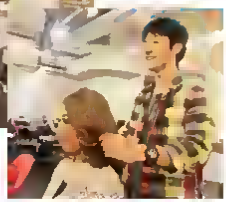
BEAUTY

Japanese "Omotenashi" Hair Service at Café-Like Salon

Technically advanced, meticulous Japanese hair service is Kiwa Salon's trademark. It recently opened its second location on the east side, offering the same high quality service as its first salon but in a bit more of a casual environment. With a spacious, bright, high ceiling and a long counter bar made of reclaimed wood, Kiwa Salon East makes you feel like you are unwinding in a café. The waiting section is a counter bar with an assortment of hair, beauty and fashion magazines from Japan and the U.S., allowing clients to flip through the pages while drinking complimentary refreshments. "Besides hair services from our well-trained Japanese stylists, our Japanese 'omotenashi' (hospitality) begins when we answer the phone for appointments," explains Kiwa Salon's General Manager Akito Otani. Through March 31, the first five haircut customers of the day will receive a 50% off Clear Cleansing Treatment, an intensive scalp care massage. Also, students from Fashion Institute of Technology and the School of Visual Arts get a 10% discount.



The white wall not only brightens up the atmosphere making customers feel at home but it is actually made of a material that absorbs the odors from hair solutions.



Oki, the top stylist at Kiwa Salon East, leads a team of four staff members who offer services including digital perms, Japanese straightening and scalp treatments.

Kiwa Salon East 201 E. 23rd St. (bet. 2nd & 3rd Aves.), 2nd Fl. New York, NY 10010 | TEL. 646-678-3078 | www.kiwasalon.com

DRINK

Shake and Toast! New Jelly-type Sake with Fizz

Drinking IKEZO is a totally jaw-dropping experience. With 5% alcohol content and a touch of sweetness, it is a light, sake-based cocktail but its jelly-like texture and slight bubbling on your tongue give you a shock. Developed in Japan by Ozeki Sake, one of the longest-standing, premier sake producers, IKEZO particularly targets female consumers and those who are new to sake. It is not only unprecedented in taste, but also has a unique nutritious value. The development team made efforts to produce Ceramide and α-EG naturally while brewing. Both components have a great moisturizing effect, making the sake appealing to beauty-savvy girls. IKEZO can be enjoyed on its own and pairs well with spicy, herb-filled foods. Just like Champagne cocktails, you can also add fruits like berries, mango and pears. To even out the jelly texture, shake about 20 times before drinking.

Ozeki Sake (U.S.A.), Inc. www.ozekusa.com

PRODUCT

Pre-Fabricated Japanese Tearoom Brings Serenity to Your Room

Well-balanced, harmonized and calm, a chashitsu or Japanese tearoom is a microcosm encapsulating the spirits of Cha no Yu (Way of Tea) in a limited space. Creating a chashitsu at home is a luxury, but recently pre-fabricated chashitsu became available in the U.S., allowing you to easily build them inside your house. With dimensions of 1927 mm (6.3 ft.) by 1927 mm (6.3 ft.) by 2100 mm (6.9 ft.), the miniature tatami mat perfectly replicates a 4.5-mat tearoom style. There are a couple of variations in parts and you can customize your chashitsu by choosing from panels like bamboo sliding screen, wooden sliding screen, fusuma sliding door, shoji sliding door and tokonoma unit as well as shelves. Made of Japanese hiba wood, the chashitsu kit brings a Zen-like serene space to your room. The basic chashitsu model is currently on display at Kiteya SoHo, where you can order the kit.

Two people can easily assemble the chashitsu. Space below the tatami floor is designed to be used for storage.

Kiteya SoHo 464 Broome St., New York, NY 10013 | TEL. 212 219-7505 | www.kiteya.com

PRODUCT

Versatile Japanese Tea Tins Now Available at the Container Store

A chazutsu or tea canister is a household item in Japan where tea is a primary refreshment. Each family owns a couple of different tea canisters for storing multiple tea flavors.

Kotodo has been manufacturing multipurpose canisters for tea and food storage since 1922. Made from tin-plated steel, Kotodo's canisters effectively resist the transfer of odors and block moisture and oxidation formation. Kotodo Can Tea Tins are now available online and nationwide at all Container Store locations. This is the first time made-in-Japan tea tins are available at Container Stores. Choose from four styles of caddies which come wrapped in traditional Japanese Washi paper and in 7oz (200 g) canisters, the typical size for storage of loose-leaf tea. Two 'coffee' lacquer-painted canisters will be offered in a 13.2 oz (325 g) size, in both black matte and red colors.

Although storing tea is the main usage for these canisters in Japan, you can be more creative in using them—storing candy, cookies, coffee coins, receipts, clips, pencils or whatever you can imagine.

www.kotodocan.com

FOOD

Healthy and Quick Main Dish: Tofu Stir Fry At Home

To survive and enjoy this energy-filled fast paced New York life, we need an appropriate power source. "Wok Me Up" is a healthy, quick-to-prepare and tasty option to support our lives.

Introduced earlier this year by House Foods America, a premium tofu purveyor, Wok Me Up combines cubed tofu and sauce in one package, allowing both novice and advanced home chefs to enjoy flavorful wok dishes. Its preparation steps are quite simple. Sauté the tofu in a pan and add the sauce packet to enjoy a delicious stir-fry. No cutting ingredients or mixing seasonings necessary. If you'd like to bring a Japanese touch to your table, choose Sweet Teriyaki flavor. If you'd like to enjoy a Chinese kick, Spicy Orange is for you.

Wok Me Up is vegetarian, preservative free, and has no added MSG. It's absolutely savory as is, but you are also free to add your choice of vegetables, meats and seafood to personalize your plate. Available at select super markets.

Info: www.house-foods.com

FUN FOR LIFE

IKEZO

SINCE 2009

Sparkling Jelly Sake Peach

Shake & Toast!

Chill well before shaking the can!

The jelly-like texture will make you feel like you are indulging in dessert. Please shake about 20 times before drinking.

Beauty component combination is great for stressed out skin!

This sake-based drink includes components like amino and organic acids that will truly make your body happy. It combines refined sake-derived α-EG and rice-derived ceramide, said to be good for helping skin to retain moisture.

Have fun creating a variety of original cocktails!

By mixing in fruits like strawberry and mango you can also enjoy Japan-style cocktails. The sparkling carbonated bubbles will brighten up your next party!

OZEKI

Ozeki Sake (U.S.A.), Inc.
www.ozekisake.com

Distributed by JFC International, Inc.
TEL: 908-525-4400 www.jfc.com

Beauty & Health

Cleanse and Detox:

The First Steps to Maintaining Health and Natural Beauty

Part 1
DOUBLE CLEANSING: Facial Cleansing Steps That Create Healthy, Beautiful Skin

Part 2
Proper Shampooing & Head Spa for Healthy, Youthful Hair

Part 3
Cleanse and Detoxify Your Body with Homemade Drinks

Kawaii in New York: Beauty Products

Featured Beauty & Health Businesses
Yakson House / Corina Beauty Center / Nihon Day Spa / Hayato Beside Salon and Academy / KEN Shigematsu / Michi Beauty Salon / Yo-C Salon / Astor Smile Dental / McNulty's Tea & Coffee Co., Inc.

Listing
Beauty
Health

Cleanse and Detox:
The First Steps to Maintaining Health and Natural Beauty

Whether you use high quality cream or take nutritious supplements, it is not effective unless your body is ready to absorb them. For the best result, it is essential to cleanse and detoxify your body, hair and skin. Here, we introduce practical and thorough ways of taking good care of yourself.

DOUBLE CLEANSING: Facial Cleansing Steps for Healthy, Pure Skin

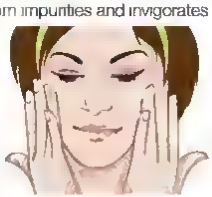
Double Cleansing, or washing the face in two steps, is standard skincare protocol for women in Japan. The concept first made its way into the U.S. with the introduction of "Step 1" oil-based cleansers that removed makeup, sunscreen and natural oils to be followed by their regular cleanser, but not many know the secret skin enhancing benefits of this two step process that make it so popular in Asia. We spoke to Mr. Satoshi Arai, General Manager of Dr. Ci Labo, Japan's premier dermatologist led brand, on how skin can reach its optimum purity and cleanliness with this multi-beneficial Double Cleansing process.

Step 1: Removing Make-up

The efficacy of Step 1 face cleansers can vary by texture. Choose one to meet your lifestyle and skincare needs:

Liquid makeup removers and wipes quickly wipe off impurities such as makeup, dirt and oils, from the skin's top most layer.
Creamy cleansers are oil-based so they have the ability to thoroughly remove makeup and oil-based impurities while not drying out the skin.
Oil cleansers are unexpectedly the most drying of all cleanser types. The oil latches onto the natural skin protecting oils and moisture and strips it away as the cleanser is washed off. Perfect for removing creamier, oil-based makeup such as eyeliners, creamy foundations and lipstick.
Gel type cleansers multi-task to remove oil- and water-based impurities but take note, the formula takes longer to dissolve into the skin and latch onto particles. A circulation-boosting "massage" will do the trick, see below.

Massage Cleansing: Gently massaging the face while cleansing boosts the cleanser's ability to catch stubborn impurities and invigorates lymphatic movement that helps eliminate waste from cellular metabolism. Better circulation helps streamline the facial line for a firmer, more taut complexion. Glide fingertips lightly in a circular, upwards motion when cleansing with the Step 1 cleanser. Be careful to catch often missed spots: corners of the nose and eyes, lips and hairline.



Step 2: Foaming Cleanser

A thick, fluffy lather is critical for Step 2 of Double Cleansing. The fluffy "foam" is ideal for three reasons. Fluffy foam reduces friction between the hand and skin minimizing skin irritation, fine bubbles dip into pores, scooping out impurities without scrubbing; left on for 30 -45 seconds, foam acts like a purifying mask by breaking down stubborn old cells and dirt and washes it away. For the fluffiest foam, add drops of water onto the cleanser while whipping it up into a lather in the palm of the hand.

When rinsing, use lukewarm water (85-90°F). Very hot water dehydrates skin and cold water does not thoroughly remove the cleanser.

Even without makeup, Double Cleansing is a critical skincare ritual to achieve and maintain skin that is healthy, balanced and pure. Start this daily purifying ritual for a continuously fresh Spring complexion.

Mind the pH: Rebalancing skin to its natural pH level of a slightly acidic 5.5 allows skin to be more resistant to environmental stressors and minor infections. Skin becomes alkaline with triggers such as stress, lack of sleep and excess oil, but usually corrects itself overtime. To help your skin go back to its healthy pH level, a slightly acidic or alkaline cleanser can rebalance the skin.

Dr.Ci-Labo is Japan's premier dermatologist led skincare brand, providing gentle skincare products since 1998. With the philosophy of "no fragrance, no artificial coloring, no mineral oils", they constantly develop and improve products to meet consumers' needs.
www.cilabousa.com

Illustration by Cryssy Cheung

Proper Shampooing & Head Spa for Healthy, Youthful Hair

Getting hair washed while having the scalp massaged is a simple yet luxurious treat that almost everyone enjoys. Yet, we don't quite bother to replicate this hair-healthy salon routine at home. Japan's leading hair care experts are now trying to change your speedy showering habits. Recent studies have shown that integrating proper shampooing techniques has a surprisingly big role in maintaining strong and beautiful hair.

In a recent study by Japan's leading provider of hair care products that collaborates with salon industry professionals to gain a better understanding of real life customers worldwide, Hoyu Co., Ltd discovered that 80% of men and 70% of women studied have redness of the scalp, an inflammatory symptom caused by the scalp's loss of moisture. Further research found that dehydration of the scalp causes abnormalities in the shape of the hair root base which in turn, offsets the natural hair cycle. An abnormal cycle leads to hair loss, thinning hair, decrease in hair volume and lack of resilience against environmental stressors.

VS

Scalp lacking moisture becomes red. That condition will cause abnormal hair roots and ultimately lead to hair loss and thinning. Volume and resilience also decrease over time.

Professional "Head Spa" salon treatments that focus on scalp and hair health help to combat such conditions but when we connected with Mr. Satoshi Mitohri of Hoyu Professional USA, he also stressed that proper shampooing and conscious scalp care are critical to maintaining a youthful and healthy head of hair.

HOYU's 3 Step Scalp Care System to Prevent Redness

HOYU's scalp care products are formulated with moisturizing agents such as cherry blossom extract and red wine yeast extract, to nurture and heal sensitive scalps showing sign of redness and a weakening skin barrier.

Step 1

After rinsing the scalp and hair evenly apply the shampoo gently lather in a massage motion and wash out thoroughly.

Step 2

Apply conditioner evenly and gently on hair and scalp then rinse thoroughly.

Step 3

Apply the Hair Tonic directly on the scalp parting the hair as necessary. Use fingertips to gently massage in the product.

HOYU is a leading hair coloring company providing hair color and hair care products for both professionals and consumers in more than 70 countries. With about 110 years of company history, it has always been at the forefront of the hair-fashion industry by making an effort to carry out your wish to be more beautiful.
www.hoyu-usa.com

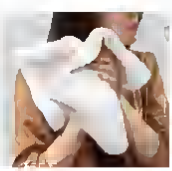
Step by step hair washing tips to transform your daily shower routine into a salon worthy treatment:

1. Brush or comb out knots before wetting hair. Hair gets easy to catch and tangle once wet. Shampooing knotty hair causes further friction which damages the hair cuticles.

2. Wet hair thoroughly before shampooing for a thicker, less aggravating lather. The foam protects hair from rubbing against each other and getting damaged.

3. Work the shampoo into a thick lather and gently massage the scalp with fingertips, not nails which is damaging to the hair roots and scalp. Choose a shampoo that meets your haircare needs.

4. Rinse shampoo out very thoroughly. Soapy residue leads to irritation, drying and inflammation of the scalp.



5. Apply conditioner or hair treatment starting from the hair tips then work your way up to the roots. The tips need the most care. Rinse thoroughly. For treatments, leave in as recommended before washing.

6. To dry, sandwich wet hair with the towel and pat dry. Rubbing hair against each other or with the towel causes friction that damages hair cuticles.

7. Move the blow dryer nozzle from one side of the head to the other to avoid concentration of heat from damaging the targeted area.

8. Do not wash hair more than once per day to avoid dryness of the scalp and hair. Morning or night is one's own preference.

9. Wash the scalp thoroughly when oily to avoid flaking and itching. The scalp has a lot of hair follicles which creates an environment where natural oils from your head can accumulate. Excess oil secretion often causes bacteria to multiply, aggravating the scalp, and thereby causing itchiness and/or flaking.

Routine professional treatments at your salon or head spa's further boost at-home efforts by fully restoring the scalp back to its healthier natural condition. At such salons, professional products paired with pressure point massage boosts circulation and balances the scalp's moisture levels.

For a luxurious at-home boost, try scalp care products that thoroughly cleanse excess oil and impurities off of your scalp but do not dry out the roots or hair. The Meditook Alpha series from Hoyu can substantially energize and restore the oil and moisture balance of the scalp to restore and regulate the natural hair cycle.

Cleanse and Detoxify Your Body with Homemade Drinks

Fermented ingredients are very important in Japanese food culture, not only in terms of taste but also health benefits. Fermentation plays a tremendous role in enhancing the umami of ingredients as well as improving internal detox effects. Koji is the agent that the Japanese use for fermenting ingredients, and sake, miso, soy sauce, vinegar, mirin and natto are all koji-fermented products. Chopsticks NY consulted with Natsuko Yamawaki, founder of the koji product specialty company, Hakkoan, for some easy ways to incorporate koji products into our daily lives and detoxifying on a regular basis.

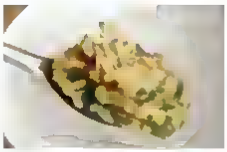
Basic Amazake

Amazake is a rice beverage that has been enjoyed in Japan for centuries. It is creamy, refreshing and has a natural sweetness (no sugar added). The sweetness comes from the fermentation process of the rice, making amazake a great source of enzymes and antioxidants.

Ingredients
2 cups short grain brown (or white) rice
6 cups water
3 cups rice koji

Directions
1. Wash 2 cups of rice and soak in 4 cups of water for at least 4 hours.
2. Cook the rice for about 45 minutes or until it's done.
3. Add 2-3 cups of water (adjust depending on the rice texture), striving for a porridge-like consistency.
4. Use a blender at the pulse setting to blend until it becomes a rough puree (if you use white rice, you don't need this step).
5. Allow to cool to 140°F.
6. Add the koji to the cooked rice and stir well.
7. Transfer the rice mixture to a rice cooker. Set it at "keep warm" for about 10-14 hours. Use a thermometer to make sure the temperature is between 131-140°F.
8. The incubation is finished when the mixture has a rich sweet fragrance and the individual grains are very soft and moist. If you want a smoother texture, use a blender to make a puree.

Instant Detox Miso Soup



Ingredients
Miso, scallions (finely chopped), ginger (finely chopped) at 1:1:1 ratio

Directions
1. Mix all the ingredients well in a one to one to one ratio and store in the refrigerator.
(It's convenient to use a Ziplock plastic bag to store)
2. Put one big tablespoon scoop of the mix into a bowl or cup.
3. Pour hot water and stir well to serve.
*The mix can be stored for 3 months in the refrigerator.

Comments from Natsuko Sensei
With this you can make a tasty bowl of miso soup even without using dashi soup. This soup helps to effectively improve your metabolism and you'll sweat while drinking it. Toxins in your body are excreted with sweat. Choose miso made only with soybean, koji and salt. Any flavor of miso is good to use. You can even mix white miso and red miso if you like a strong boost of ginger, grate it instead of chopping it. If you don't like the strong ginger flavor, reduce the amount and add your favorite mushrooms.

Info: Hakkoan www.hakkoan.com | hakkoan@gmail.com

Brown Rice Amazake Smoothie

Ingredients
1 cup brown (or white) rice Amazake
1 cup water
1 cup greens (such as kale, arugula, dandelion)
½ cup apple, cut into pieces
1 small piece of ginger
1 tsp lemon juice
Pinch of sea salt

Directions
Place all of the ingredients in a blender and blend until they are smooth.

Get Over Fatigue Through the Power of Kampo Herbal Medicine

In busy cities like New York, many people suffer from chronic fatigue. According to kampo practitioner, Yuko Nozaki of iDo Holistic Center, there are various types of fatigue and each type requires a different diagnosis and prescription. Here she shares some of the basic fatigue characterizations as well as effective herbs and ingredients so that you can incorporate them into your diet.

Hangover: Turmeric is very effective. There are several forms available: dried, tea and powdered. The powdered type is the most common, but it's really bitter so Yuko Sensei suggests that you take it like medicine: one teaspoon of turmeric with a glass of water, or add it to fresh green juice like kale juice.
Weak stomach and loss of appetite: Boil fruits of jujube and eat.
Weak kidney and liver: Drink wolfberry tea, or just eat the berry. Also, you can boil and marinate it in syrup for eating as a dessert.
Mental fatigue: Mint helps refresh your mind. You can use it as a spice or take it as tea.
Cold symptoms: Fresh ginger helps your body sweat and detox, while dry ginger works mildly in the body and helps warm you up from chills. Dried ginger is also good for chronic stomach fatigue.
*These herbs are available in regular grocery stores or health food stores.

iDo Holistic Center
22 E. 49th St., New York, NY 10017 | TEL: 212-599-5300 | www.idocenter.com

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- Misalignment and pain in the joints are the result of our bodies compensating for pelvic imbalance
- Do-in Center has helped many patients who have suffered from chronic pain—even some who have been told by a doctor that surgery is their only option
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"Nori Suzuki is incredibly knowledgeable. The deep feeling of alignment throughout my pelvis and spine relieved all my muscle tension."- Maria

Master Suzuki's international clientele can attest to the remarkable healing capability he delivers in even one visit."
-charlotte

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YUKIE BEAUTY SPA

Slim Down Your Face with a Holistic Approach

Yakson House

"My face became smaller and lifted and my jaw line more defined. I look younger!" This is the testimonial of a young woman who experienced Yakson House's *Bone Therapy*. Many of you might think it is impossible to make your face slimmer without plastic surgery, but this is no longer true thanks to Yakson House's *Bone Therapy*.

Invented in 1979, the therapy promotes efficient blood circulation by relaxing bones and skin and ultimately helps you to attain a smaller face and beautiful facial structure. Among more than 23 programs that Yakson House in New York offers, *Unequal Face Care* and *Face Reduction Care* are particularly popular. *Unequal Face Care* treats the pelvis and face and fixes imbalanced body parts. One client confesses, "It's hard for me to believe that the shape of my face and legs have now become similar to what I saw in before and after pictures. Not only do I look better in the mirror, but I feel a lot healthier, too."

Face Reduction Care not only reduces the size of your face but also brings back an even facial structure and elastic skin. Some commentary from a client: "It was, as I had read, quite painful. But in my estimation it was well worth the pain. The results were immediate and long-lasting. My jaw was sharper and streamlined, and my eyes were more open and lifted." This 35 year old holistic therapy could help you achieve health and beauty. Yakson House not only offers facial reduction care services but also skin and body care services. Check website for details.

Yakson House has over 80 branches in cities worldwide including Korea, China, Tokyo and New York.

The difference between before and after [illegible] times treatments

Unlike other facial slimming methods, *Bone Therapy* treats both bone and skin together.

38 W. 32nd St. (bet. 5th Ave. & Broadway) #601, New York, NY 10001 | TEL. 212-564-7474
www.yaksonhouse.com | www.beautymade.com/en
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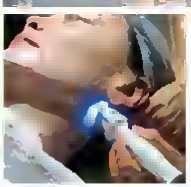

Corina Beauty Center is owned by a NY State certified, 30-year veteran as a treatment practitioner. It can help your skin look its best. First opened in 1987 providing facial and natural eyebrow tattoo services, they also offer melanin pigment removal, blemish removal and wrinkles and sagging prevention by reducing collagen loss. Corina Beauty Salon's at home atmosphere makes customers come back for more, from monthly returnees to those that have gone for more than 20 years. Recommended *RF Treatment* activates cells, promotes metabolism and cell turnover, rejuvenating the skin.

121 Baxter St. (bet. Canal & Hester Sts.)
New York, NY 10013
TEL. 212-941-7118
Mon-Fri: 10 am-7:30 pm
Sat & Sun: 9:30 am-7 pm
Facial (Mini): $35 / Herbal Facial: $45
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$99 Detox Stress Release Facial ($195 value)
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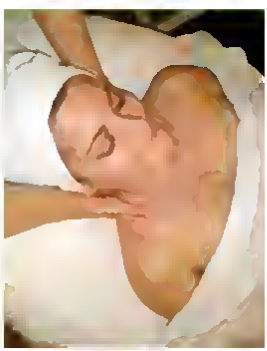

Get pampered in the city with courteous service at Nihon Day Spa. Skilled staff will properly assess the condition of every customer's skin and offer advice and counseling to provide the best treatment. From spots, wrinkles, acne, dry skin to any skin problems, you can relax and rest easy that you'll get customized service for your skin. For only $99 remove the day's stresses with 90 min. *Detox Stress Release Facial*. Using effective aroma oil, an all hand lymphatic massage eliminates waste from the body with the latest anti-aging Skin Centicals high beauty serum to infiltrate the skin and finishes with a special Japanese Relax Mask.

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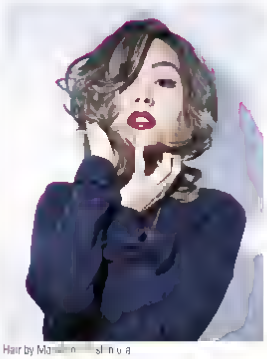
Reasonably Priced, Professional Hair Services by Junior Stylists

Hayato Beside Salon & Academy



Hair by Masa[illegible]shi Yu a

Stylists from Hayato Beside Salon & Academy Yusuke (right) and [illegible]ris (left)

With locations in Tokyo London and New York HAYATO SALONS is popular amongst the young and fashion conscious It is opening the Hayato Beside Salon & Academy where junior stylists and experienced stylists who have transferred from other salons offer hair services for almost half the price of HAYATO NY After learning 48 different subjects in color basic cuts advanced cuts and perms the junior stylists pass the hair test model standards prescribed by HAYATO NY Many of the stylists are young and hip catering to clients looking for a trendy look at reasonable prices

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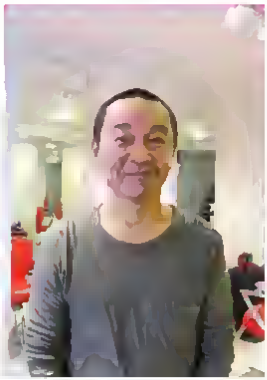

KEN Shigematsu is a veteran hairdresser having worked in Japan for 10 years and in New York for 20 years. After running his own salon in New York City for 10 years he is currently working as a freelance hairdresser in Flatiron by appointment only. KEN's motto is "from the heart," and he spends as much time and care as necessary so that each customer is completely satisfied. His warm, cheerful personality and his solid technique naturally win customers' trust and he now has many repeaters. His five-step treatment to revive your damaged hair is recommended.

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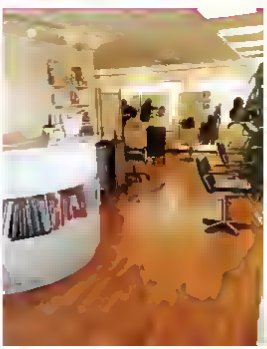

Japanese nail salon on the premises offers popular Calgel nails with stylish art designs that doesn't peel or chip

Since its opening in Japanese grocery store Mitsuwa Marketplace in 1990 Michi Hair Salon is a staple for its locals offering a relaxing space after shopping. Veteran Japanese stylists in the salon place their prime concern on customer hair care so for services like color perm digital perm and Japanese Straightening they use ingredients that are the most gentle on the hair as well as *Amatora Σ* treatment for protecting the hair from harsh ingredients in color or perm solutions By effectively adsorbing and repairing damaged hair the treatment gives it a silky finish and luster while preventing color from fading and making it last a month or even longer.

595 River Rd., 2F. Edgewater NJ 07020
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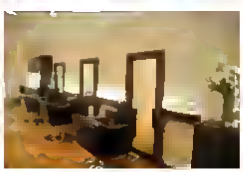

At Yo-C Salon get personalized hairstyles and hair care from skilled stylists with extensive experience in Tokyo, Paris and New York. Since one stylist does everything from cut color to perm customers get the perfect look that suits their individuality while encompassing the latest trends and using the latest hair care products. Recommended is their extremely popular Japanese Straightening service as well as customized coloring to match your hair type. Using a 5-step treatment after coloring and perm will help repair damaged hair from the core.

225 E. 5th St. (bet 2nd & 3rd Aves.)
New York NY 10003
TEL 212-529-0355 / www.yo-csalon.com
info@yo-csalon.com
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Beauty Guide

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HAIR SALON

Upper West — Hoshi Coupe III — $40-
2801 Broadway (at 108th St.) 212-663-0460

Upper West — K's Salon — $77
152 W 84th St (bet. Amsterdam & Columbus Ave) 212-362-1531

Upper East — Giovanni-Secchi — $50-
1364 Lexington Ave (bet. 90th & 91st St.) 212-360-5567

Upper East — Michi* — $50-
208 E 60th St (bet. 2nd & 3rd Ave.) 212 752 3225

Upper East — Tokuyama Salon* — $60-

With experience calling the magazine's fashion shoots, Tokuyama's stylists bring out glamour and beauty suited to each customer. A glamorous makeover can be done here, first. The salon's interior gives a sense of serenity with its antique decoration.
230 E. 53rd St. (bet. 2nd & 3 d Ave.) 646-692-8565 www.tokuyamasalon.com

Upper East — Tomoko Shima Hair Salon* — $90-
171 E. 82nd St (bet. Lexington & 3rd Ave.) 212 722-4828

Midtown West — Midomo Salon-Gallery — $100-
545 8th Ave. (bet. 37th & 38th St.) 917-432-7807

Midtown West — Mingle Salon New York — $80-
10 W. 55th St. 2 Fl (bet. 5th & 6th Ave.) 212-459-3320

Midtown West — Mitzu Hair & Make-up — $135-
57 W. 57th St. #1204 (at 5th Ave.) 212-575-5360

Midtown East — Eiji Salon — $125-
601 Madison Ave. 5 FL (bet. 57th & 58th St.) 212-838-3454

Midtown East — Hair Mates Midtown* — $80-
114 E. 40th St. (bet. Lexington & Park Ave.) 212 986-2630

Midtown East — Hezuki Heir — $38-
328 E. 53rd St. (bet. 1st & 2nd Ave.) 212-755-2823

Midtown East — HEARTS New York Salon* — $70-
40 E 58th St. (bet. Park & Madison) 212-610-5900

Midtown East — Hisako Salon* — $80-
233 E. 60th St. (bet. 2nd & 3rd Ave.) 212 764-7848

Midtown East — RH Plus Salon* — $50-
RH+
Try the newest perm technologies from Japan: the Digital Hot Wave and the Digital Perm / Japanese Straightening Perm. Combination. Also try Smoothing Solution Cashmere Luminance, which smoothes hair effectively.
605 3rd Ave. 2 Fl (bet. 40th & 50th St.) 212-644-8058 www.rhplusny.com

Midtown East — Momotaro* — $70-
22 E. 49th St. 2 Fl (bet. Madison & 5th Ave.) 212 755-2392

Midtown East — Salon Ishi — $87-
70 E. 55th St. (bet. Park & Madison Ave.) 212-486-4744

Midtown East — Salon Kinye — $85-
8 E. 41st St. 2 Fl (bet 5th & Madison Ave.) 212 576-117

Midtown East — Salon Wave — $50-
1029 2nd Ave. (at 54th St.) 212 355-7395

Midtown East — T-Gardens New York — $70-
32 E. 56th St. (bet. 1st & 2nd Ave.) 212-355-0105

Midtown East — VARTALI SALON — $35-
45 East 57th St. (bet. Park & Madison Ave.) 212-935-4940

Chelsea — Cowlicks Japan* — $57-
Cowlicks offers a full range of services: styling, color, conditioning treatments, perms, Japanese hair straightening and Shiatsu ($45+). Treat yourself to a head massage to unwind your hectic day with a relaxing bodywork done in a mellow environment.
137 W. 18th St. (bet. 6th & 7th Ave.) 212-367-2123 cowlicksjapan.com

Chelsea — Curvy Lashes & Hair — $45-
123 5th Ave. 2nd Fl (bet. 19th & 20th St.) 347 123-2843

Chelsea — Hisako Salon* — $55-
183 7th Ave. (bet. 20th & 21st St.) 212 255-2233

Chelsea — Hoshi Coupe I — $50-
259 W. 19th St. (bet. 7th & 8th Ave.) 212-255-0770

Chelsea — KIWA Salon* — $95-
234 W. 27th St. (bet. 7th & 8th Ave.) 212-620-3848

Chelsea — Reiko's Hair & Makeup — $50-
256 W. 15th St. (bet 7th & 8th Ave.) 646-221-5317

Chelsea — Tomoko Shima Hair Salon* — $95-
235 W. 14th St. (bet. 7th & 8th Ave.) 646-438-9277

Gramercy — Hair Mates Union Square — $55-
23 E. 17th St. (bet. Broadway & 5th Ave.) 646-992 4750

Gramercy — Hayato Beside Salon & Academy — $35-
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Newly opened Hayato Beside Salon & Academy is seasonally priced and features experienced stylists as well as stylists who have had comprehensive training in color, advanced cuts and perms and have passed their model exams.
125 E. 23rd St. (bet. Park & Lexington Ave.) 3rd FL 212-982-8924 www.hayatobeside.com

Gramercy — Hayato New York* — $70-
125 E. 23rd St. 2 Fl (bet. Lexington & Park Ave.) 212 673-7373

Gramercy — Warren-Tricomi — $160-

Warren-Tricomi has opened a Flatiron location in September and a special discount will be offered until 4/30. Make an appointment with the veteran Japanese stylist, Keiko and your haircut will be $80 (reg $160) with a free deep conditioning treatment.
125 5th Ave. (bet. 19th & 20th St.) 2nd Fl 212-982-7858 www.warrentricomi.com

Gramercy	**Kee Shigemetsu**	
123 5th Ave 2Fl (bet 19th & 20th St) 646-234-1134		$80-
West Village	**Hair Moda**	
47 8th Ave (bet. 11th & 12th St) 646-341-0124		$50-
West Village	**SEI-TOMOKO W4**	
142 W 4th St (Washington Sq. Flr. & 6th Ave) 212-477-5475		$40-
West Village	**YUI SALON***	
323 W 11th St (bet. Greenwich & Washington) 212-647-0303		$70-
East Village	**009**	
313 E 9th St (bet. 1st & 2nd Ave.) 212-677-2020		$60-
East Village	**Dlala***	
148 Ave A (bet. 9th & 10th St) 212-777-5252		$50-
East Village	**Hair Oate**	
326 Bowery (bet. 2nd & 3rd St) 212-228-8351		$50-
East Village	**Hair Mates Downtown***	
13 3rd Ave. (bet. 7th & St. Marks Pl) 212-777-4012		$45-
East Village	**Hoshi Coupe II**	
214 E 9th St. (bet. 2nd & 3rd Ave.) 212-505-0393		$45-
East Village	**i Salon***	
77 E 10th St. (bet. 3rd & 4th Ave.) 212-505-0537		$45-
East Village	**K2 Salon***	
215 E 10th St. (bet. 1st & 2nd Ave.) 212 260-5186		$65-
East Village	**Kiyoro Salon***	
15 E 12th St. 2 Fl (5th Ave. & University Pl) 212-414-4488		$80-
East Village	**Patricia Field***	
306 Bowery (bet. Houston & Bleecker St) 212-861-4096		$80
East Village	**Pirka Salon***	
233 E 4th St (bet. Ave. A & B) 212-673-0200		$80-
East Village	**O Hair***	
19 Bleecker St. (bet. Bowery & Layfayette St.) 212-614-8729		$95-
East Village	**REBIRTH***	
304 E. 9th St. (bet Ave. B & C) 212-477-1742		$60-
East Village	**Radga Salna**	
203 E 10th St (bet. Ave. A & 1st Ave.) 212-777-8343		$45

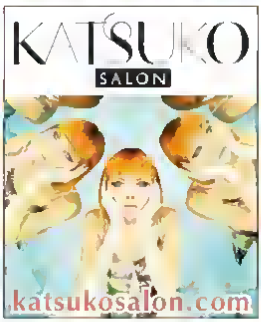
East Village	**SALON VIJIN***
	Salon Vijin has reopened in the Lower East Side with a new passion to evolve to the latest hairstyles and designer trends, providing even more sophisticated services and technology. First-time customers receive 20% discount
22 East 1st St. (bet. Bowery & 2nd Ave.) 212-614-0654 www.salonvijin.com	$50-

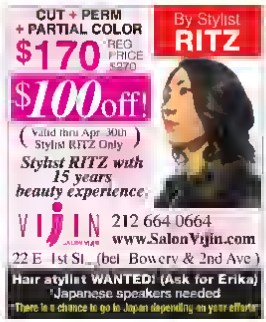
East Village	**SEI-TOMOKO 02**	
128 E 4th St (bet. 1st & 2nd Ave.) 212-473-0320		$40-
East Village	**SEI-TOMOKO E13**	
240 E 13th St. (bet. 2nd & 3rd Ave.) 212-533-6613		$40-
East Village	**Shizea**	
627 E. 9th St. (bet. Ave. B & C) 212-777-2128		$65-

East Village	**Tokemichi Hair***	
263 Bowery St. (bet. Houston & Stanton St.) 212-420-7578		$120-
East Village	**Trois Peignes***	
150 2nd Avenue New York NY 10003 212-388-8542		$55-
East Village	**Ueno Salon***	
401 E. 9th St. (bet. Ave. A & 1st Ave.) 212-505-7773		$65-

East Village	**Yo-C Salon***
	The owner stylist Yoshi utilizes funky & edgy styles of Tokyo elegance of Paris and aggressiveness of NY styles and highlights in individual customer's personality. A combination of Japanese Straight Perm and cuts $300 & up. Student discount available
225 E. 5th St. (bet. 2nd & 3rd Ave.) 212-529-0355 www.yo-csalon.com	$75-

Lower Mhn	**Cocoro Salon**	
122 Ludlow St. (bet. Rivington & Delancey St.) 212-228-8388		$65-
Lower Mhn	**Kaaako Salon**	
51 Clinton St. (bet. Rivington & Delancey St.) 212-260-3811		$40-
Tribeca	**Lotus Salon North Moore**	
34 North Moore St. (bet. Varick & Hudson St.) 212-219-3538		$80-
Tribeca	**Salon Musa**	
158 Sullivan St. (bet. Prince & Houston St.) 646-484-6033		$75-
Soho	**Lotus Salon Prieca St.**	
7 Prince St. (bet. Bowery & Elizabeth St.) 212 219-3283		$60-
Brooklyn	**Cocoro Salon***	
128 N 8th St (bet. 6th & 7th St.) 718-782-1188		$60-
Brooklyn	**Commuaa Salon & Gift***	
191 Grand St. (bet. Driggs & Bedford Ave.) 718-384-7412		$60-
Long Island	**LI Wave**	
18 Haven Ave. Port Washington NY 11050 516-883-3046		$40-
Westchester	**Akasa Salon**	
7 E. Hartsdale Ave. Hartsdale NY 10530 914-948-0216		$55-
Westchester	**Hair Studio NAKA***	
287 Hillstead Ave. Harrison, NY 10528 914-835-0045		$65-
Westchester	**Hiro's Hair Salon***	
290 Railroad Ave. Greenwich CT 06830 203-769-1920		$95-
Westchester	**Momotaro***	
2 Spencer Pl. 2 Fl. Scarsdale NY 10583 914-472-5037		$60-
Westchester	**Salon Susaa**	
18 E. Hartsdale Ave. Hartsdale, NY 10530 914-948-7475		$40-
New Jersey	**Akaae Salon***	
2021 Center Ave. Fort Lee NJ 07024 201-461-3844		$40-
New Jersey	**Katsuka Salon***	
2033 Lemoine Ave. Bsmt. Fort Lee NJ 07024 201-585-8698		$60-
New Jersey	**Michi Beauty Salna**	
585 River Rd. Edgewater, NJ 07020 201-641-1188		$50-
New Jersey	**Salon Oasis***	
170 Main St. Fort Lee, NJ 07024 201 242-0554		$50-





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Hair and Shiatsu Salon
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New Jersey **Salon XO**
101 Newark Pompton Turnpike, Little Falls NJ 07424
973-248-8286

New Jersey **Tosh Hair Supreme***
1550 Lemoine Ave Fort Lee NJ 07024 $45-
201-461-3637

SPA

Upper West **Saloe de Tokyo***
200 W 57th St #1308 $70-
212-757 2187

Midtown West **Nihoe Day Spa**
15 W 44th St 10 Fl (bet. 5th & 6th Ave) $40-
212-575-7892

Midtown West **Purest Laser**
25 W 39th St 8th FL(bet 5tn & 6th St) 30 shots
212-302-0008 $45-

Midtown West **SHIZUKA New York**
7 W 51st St. 6 Fl (bet. 5th & 6th Ave) $95-
212-644-7400

Midtown East **Hese Day Spa***
206 E 60th St (bet 2nd & 3rd Ave) $100
212-752 3229

Midtown East **MDDNFLOWER SPA***
6 E 41st St 3 Fl (bet Mad-son & 5th Ave) $75-
212-683-8728

Midtown East **Spa Merher**
1014 2nd Ave (bet 53rd & 54th St) $40-
646-7111 9758

Koreatown **Aura Wellness Spa**
48 W 33rd St. (bet. 5th Ave & Broadway) $139-
212-736-9558

Koreatown **YAK SON HOUSE***
38 W 32nd St. 801 (bet. Broadway & 5th Ave) $150
212 594-7474

Chelsea **Excy Laser Hair Removal***
143 W 29th St (bet. 6th & 7th Ave) $30-
212-695-1886

Chelsea **Febylous Living**
145 W 28th St 8 Fl (bet. 6th & 7th Ave) $100-
212 273-0558

Chelsea **Mist Beauty**
145 W 28th St 8 Fl (bet. 6th & 7th Ave) $45-
212-643-3447

Chelsea **New York Electrolysis**

Offering comprehensive electrolysis treatment by highly trained Japanese electrologist with 10+ years of experience. Electrolysis is the only proven method of permanent hair removal. Call for free consultation - You have nothing to lose but your unwanted hairs!

10 E 23rd St #220 (bet. Park & 5th Ave) $60-
212-673-4358 www.electrolysisny.com /15min

Chelsea **Supple Spa**
55 W 19th St 2 Fl (bet. 5th & 6th Ave) $65-
212-929-5948

East Village **TAMAGO Skincare**
236 E 13th St (bet. 2nd & 3rd Ave) $49-
212-505-1599

Lower Mhn **Correa Beauty Center**

Offering quality services for over 30 years. Correa Beauty Center provides Facial and Natural Permanent Eye Brow ($250) services. Herbal Facial ($45) Deep Cleanser Facial ($55) RF Treatment ($180) Algo Mask ($85).

121 Baxter St. (bet. Canal & Hester St.) $35-
212-941 2118

Lower Mhn **Facial Spa**
170-172 Canal St (Mott & Elizabeth St) $36-
212-925-5114

Lower Mhn **Spring Thyme Wellness Spa**
40 Exchange Pl 2612 (William & Broad St) $48-
212-905-4973

Lower Mhn **KSS BEAUTY SPA**

Offering quality services for over 30 years. KSS Beauty Spa provides a complete range of beauty services including facials, permanent makeup, spa treatments, massages and nail care. New customers mentioning Chopsticks NY can get Eyelash Extensions for $80 (save $20). Feminine Eyebrows for $150 (a 50% discount). Also local customers may save with first time deep cleansing facial for $39.

197 Centre St. (bet. Canal & Hester St.) $30-
212-966-9631 www.kssbeautyspa.com/

Queens **este de doroeko**
118-49 Union Tpk Forest Hills NY 11375 $60-
917-846-4004

Queens **Spa Castle**
131-10 11th Ave. College Point NY 11356 $35-
718-939-8300

Westchester **este de doroeko***
21 Lake St White Plains NY 10603 $80-
917-846-4004

New Jersey **Hiro's Day Spa**
45 Franklin Ave, Ridgewood, NJ 07450 $70-
201-445-1911

New Jersey **King SPA Fitness**
321 Commercial Ave. Palisades Park NJ 07650 $45-
201-947-3955

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UnlimitedLashes@gmail.com
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Green Tea Mask for Anti-aging

Green tea is effective in preventing spots and skin aging. ① Put the green tea leaves into an earthenware mortar and grind them up. ② Add wheat flour and water and mix into a clay-like consistency. ③ Store in the refrigerator for 10 minutes. ④ After washing your face, apply the mixture and leave it for 10 minutes. Rinse your face with lukewarm water and apply moisturizer afterwards.

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SHIATSU

Upper West — Your True SeK
501 Sammary Rowler Amste dam Ave) — $75 /60mn
212 678-4251

Midtown West — Endo Seitai Shiatsu

A veteran practitioner of Sei tai with 21 years of experience Mr. Endo corrects imbalances in your body to improve your posture alleviate back arm and neck pain and increases energy Seita (posture alignment) heals your body Appointment s required
241 W. 30th St. 2 Fl Buzz 102 (7th & 8th Ave.) — $90 /60mn
573-371-2624

Midtown West — Osake Health Spa 46
37 W. 46th St. 3 Fl (bet. 5th & 6th Ave.) — $120 /80mn
212 575-1303

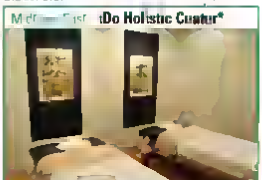
Midtown West — Salon de Tokyo*
200 W. 57th St. #1308 (at 7th Ave.) — $70 /60mn
212-757 2187

Midtown East — Do-in Center

Are you sick and tired of feeling pain in your lower back neck shoulders or feet? Sometimes even x rays will not show the cause of pain. For 15 years Nor Suzuki master of Dom Seitai has been using unique Seita methods to eliminate pain and aches. He will determine the root of your pain and activate your own self-healing power to fix it without drugs pills shots or surgery! See testimonials on his website.
141 E. 55th St. 2E (bet. Lexington & 3rd Ave.) — Seitai
212-697-9114 www.donsenta.com

Midtown East — ease NY LLC
15 E. 41st St. #2 (bet. Madison & 5th Ave.) — $85 /50mn
212-691-6151

Midtown East — iDo Holistic Center*



Japanese massage spa iDo Holistic Center specializes in shiatsu acupuncture and herbal medicine to make your dreams of a healthy life come true. New clients can get the Over-50% Off Massage Package which includes 30 minutes of herbal sauna and 60 minutes of massage (choice of Shiatsu Deep tissue and Swedish massages) for $68 (reg. $140). Acupuncture is $35 for all clients.
22 E. 43th St. (Madison & 5th Ave.) — $50-
212 599-5300 www.idocenter.com

Midtown East — Herbal Fairy Wellness Spa
333 E 49th St. Lobby O (bet 1st & 2nd Ave.) — $80 /90mn
212-253-3648

Midtown East — Kenkode Inc.
211 E. 53rd St (bet. 2nd & 3rd Ave.) — $80 /60mn
212-980-0088

Chelsea — Cowhicks Japon*
137 W 19th St (bet. 6th & 7th Ave.) — $45 /30mn
212 367-2123

East Village — Kutsy
229 E. 5th St 2 Fl (bet. 2nd & 3rd Ave.) — $45 /50mn
212-253-8171

Lower Mhn — Health Trad CO
23 Pell St 2 Fl (bet. Mott & Doyers St.) — $45 /40min
212-406-2212

Lower Mhn — Whole Health Wellness Center & Med Spa
34 Howard St. 2 Fl (bet. Bway & Crosby St.) — $65 /60mn
212-625-8968

New Jersey — Endo Seitai Shiatsu NJ
23 Kingsland St. 2 Fl Nutley NJ 07110 — $90 /80mn
973-951 2998

ACUPUNCTURE

Midtown West — Nihon Medical Healthcare (Manhattan 44)
15 W 44th St 10 Fl (bet. 5th & 6th Ave.) — $80 & up
212 575-8810

Midtown West — Vital Balance Healing Center
241 W 37th St #405 (bet. 7th & 8th Ave.) — $95 /60mn
212-470-3253

Midtown West — Yamaguchi Acupuncture*

One of the most distinguished acupuncturist and Kampo herbalists with 36 years of experience licensed in NY and Japan specializes in pain management, sports injury menopause infertility allergy and digestive problems www.yamaguchi.com
161 W. 54th St. #21 (bet. 5th & 7th Ave.) — Acupuncture
212-246-7588 www.yamaguchi acupuncture.com

Midtown East — Acumed Cuntur*
150 E. 58th St. #1C (bet. 3rd & Lexington Ave.) — $90 /60mn
212-486-9677

Midtown East — Amy Nature Ceatur
137 E. 47th St. 1 FL (3rd & Lexington Ave.) — $80 /vast
212 317-2720

Chelsea — Lovu & Compassion
48 W 21st St. 7 FL (bet. 5th & 6th Ave.) — $140 /120mn
212-242 8701

Chelsea — SuHe Naturel Health
1 Union Sq. W. #715 (at E 14th St.) — $90 /vari
212-691 8281

Soho — Mushin Acupuncture*
50 Greene St. 2fl (bet. Broome & Grand St.) — $75 & up
347 825-7242

Queens — Chen Gei
133-47 Sanford Ave. #1G Flushing NY 11355 — $60 /45mn
718-961-7222

Long Island — Kimure Acupuncture
837 Willis Ave. Williston Park, NY 11596 — $80/acu $40/mar
516-882 1292

New Jersey — Dr. Hong
1135 Bergenline Ave. #3 West NY, NJ 07093 — $70 /30mn
201 854-8486

DOCTOR

Upper East — Charles K. Loving*
17 E. 64th St (bet. 5th & Madison Ave.) — Cosmetic Surgery
212-967-7373

Midtown West — Anshin Medical Health Care
36 W. 44th St. #303 (bet. 5th & 6th Ave.) — General Clinic
212 730-9010

Midtown West — Nihon Medical Healthcare (Manhattan 44)
15 W 44th St. 10 FL (bet. 5th & 6th Ave.) — General Clinic
212-575-8810

Midtown East — Dental Serenity

Dr. Nina Chang is a winner of the American Academy of Implant Dentistry Award Dental Serenity offers free dental consultation with [illegible] pain-free dental injections and digital X-ray system (Emergency Line 917-930-7181)
425 Madison Ave #1800 (bet. 49th & 48th St.) — Dentist
212-247-0531 www.dentalserenity.us

Midtown East — Haruyo Fujiwaki PhD
117 E 37th St. #1A (bet. Lex. & Park Ave.) — Psychologist
212-288-2627

Midtown East — iDo Holistic Center*
22 E. 49th St. 3rd Fl (bet. Madison & 5th Ave.) — Herbal Medicine
212-838-2800

Midtown East — Japanese Medical Practice
55 E. 34th St. 2 Fl. (bet. Park & Madison Ave.) — General Clinic
212 889-2119

Midtown East — Midtown Dental Group
155 E. 55th St. #301 (bet. Lex. & 3rd Ave.) — Dentist
212 758 5595

Midtown East — Morledge Medical
150 E. 58th St. 1RFl (at Lexington Ave.) — Clinic
212-583-2830

Midtown East — Nihon Medical Healthcare (Manhattan 35)
305 East 59th St., Suite #102 (bet. 1st & 2nd Ave.)
212-532-8810

Chelsea — Herone Miyemoto SW
304 W. 18th St. #3C (bet. 8th & 9th Ave.) — Social Worker
347-403-3508

Gramercy — Astor Smile Dental

Dr. Jo is a graduate of NYU and specializes in general & cosmetic dentistry including white resin fillings, crowns, bridges veneers implants Invisalign [illegible] and teeth whitening with state-of-the-art equipment and technology. Mon-Sat 9-6pm
191 3rd Ave. (at 17th St.) — Dentist
212-254-0800 www.astorsmiledental.com

New Jersey — Edgewater Family Care Center
725 River Rd #202, Edgewater, NJ 07020 — General Clinic
201-943-4040

New Jersey — Japanese Women's Center
370 Kinderkamack Rd. 3 Fl Teaneck, NJ 07666 — OBGYN
201-747-2254

CHIROPRACTIC

Upper East — Cucci Chiropractic*
131 E. 61st St. (bet. Park & Lexington) — $100- /vast
212-980-9332

OTHER

Midtown East — Pilai Thai Massage
211 E. 43rd St. (bet. 2nd & 3rd Ave.) — $105 /60mn
347-801-4886

Upstate — Body By Chizere
40 Memorial Hwy New Rochelle, NY 10801 — Personal Trainer
917-653-9670

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KAWAII in New York

By Jaka Szabo

One of the hottest trends is also the healthiest. Non-toxic beauty. Most mass-market hair, skin, and nail care products contain toxic phthalates, chemical plasticizers that are proven endocrine disruptors (they change hormone levels in the body). But as the public becomes more aware of protecting hormone health, demand is increasing for beauty products that are phthalate-free and *kawaii*. Japan was ahead of this trend – way ahead! – by hundreds of years.

© Ueba Esou

The Kyoto company Ueba Esou, founded in 1751, offers a range of water-based nail colors that are safe yet stylish, with a spectrum ranging from pale pastels to hot-haute hues (including red, orange, blue, yellow, green, black, and white, plus a palette of pretty pinks). Gofun is the same chalky substance used to make Noh masks, dolls, and ceiling paintings in temples and shrines – so these pretty polishes raise nail-painting to art! http://www.gofun-nail.com/gofun

For centuries, Japanese women have conditioned their hair, skin, and nails with all-natural camellia oil (*tsubaki*). Derived from *Camellia japonica*, the "rose of winter," this oil is rich in antioxidant omega 6 fatty acids. It's also the main ingredient of Gold Camellia Beauty Oil and Nourishing Lip Balm by Tatcha, a company dedicated to reviving "the ageless beauty rituals of the iconic geisha." The *kawaii* quotient comes from flakes of 24-carat gold leaf, added to lend the skin a golden glow. For those times when you want less glow, take another beauty tip from the *geisha*: Dab away excess oil with *aburatorigami* (blotting paper). Tatcha's Petal Fresh Original Aburatorigami are made of pure abaca leaf, with nothing synthetic added.

© TATCHA

Tatcha products are available at Barneys New York or online at www.tatcha.com/

Jaka Szabo has covered culture and style for *The New York Times* and *New York Post*, and created a zodiac design column for *Traditional Home*.

Illustration by Anirudh Jeyaraj

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art.

Ⓒ Coupon available at **www.chopsticksny.com**

★ Chopsticks NY available to pick up

FASHION

Upper West — Bitz Kids*
410 Columbus Ave (bet. 79th & 80th St.) — 212-724-1415 — Clothing

Upper East — R by 45rpm
17 E. 71st St. (bet. Madison & 5th Ave.) — 212-737-1555 — Clothing

Upper East — Seigo Accessories
1242 Madison Ave (bet. 89th & 90th St.) — 212-534-8276 — Accessories

Midtown West — UNIQLO
31 W. 34th St. (bet. 5th & 6th Ave.) — 877-486-4756 — Clothing

Midtown East — Miki House
1000 3rd Ave (at Bloomingdale's) — Clothing

Chelsea — Junko Yoshioka
224 5th Ave. 2 Fl. (bet. 25th & 26th St.) — 212-206-8302 — Clothing

Gramercy — Bredelis New York*
69 Madison Ave. (bet. 27th & 28th St.) — 212-585-2223 — Lingerie

West Village — Yamok
321 1/2 Bleecker St. (bet. Christopher & Grove) — 212-807-8100 — Clothing

East Village — ARGOSY
428 E. 9th St. (bet. Ave. A & 1st Ave.) — 212-677-7511 — Clothing

East Village — Patricia Field*
306 Bowery (bet. Houston & Bleecker St.) — 212-966-4086 — Clothing

East Village — Tokio 7*
83 E. 7th St. (bet. 1st & 2nd Ave.) — 212-353-8443 — Clothing

East Village — Tokyo Joe
334 E. 11th St. (bet. 1st & 2nd Ave.) — 212-473-0724 — Clothing

Tribeca — Bitz Kids Tribeca
275 Greenwich St. (bet. Murray & Warren St.) — 212-571-0803 — Clothing

Tribeca — Mike Inatome
83 Reade St. 2 Fl. (bet. 6th & 9th Ave.) — 212-566-7777 — Clothing

Soho — Arth
75 W. Houston St. (Wooster & W. Broadway) — 212-533-1431 — Accessories

Soho — Bradelis New York*
211 Elizabeth St. (bet. Prince & Spring St.) — 212-941-5623 — Lingerie

Soho — Facial Index
104 Grand St. (at Mercer St.) — 646-213-1055 — Eyewear

Soho — Keori's Closet
71 W. Houston St. (Wooster St. & W. Broadway) — 212-387-7788 — Lingerie

Soho — Yohji Yomomoto
103 Grand St. (at Mercer St.) — 212-966-9066 — Clothing

Queens — Bredelis New York*
135-20 39th Ave. #HL 212 Flushing, NY 11354 — 718-353-1345 — Lingerie

New Jersey — Miki House
400 Hackensack Ave. Hackensack, NJ 07601 — Clothing

New Jersey — UNIQLO
1 Garden State Plz. Paramus, NJ 07652 — 877-486-4756 — Clothing

J-POP CULTURE

Midtown West — Book Off*
49 W. 45th St. (bet. 5th & 6th Ave.) — 212-997-1410 — Book

Midtown West — Jim Henley's Universe*
4 W. 33rd St. (bet. 5th Ave. & Broadway) — 212-268-7068 — Manga

Midtown West — Kinokuniya Bookstore
1073 6th Ave. (bet. 40th & 41st St.) — 212-869-1700 — Book

Midtown West — Midnight USA
35 W. 43rd St. 2 Fl. (bet. 5th & 6th Ave.) — 212-227-0502 — Video Rental

Midtown West — Midtown Comics*
200 W. 40th St. (at 7th Ave.) — 212-302-8192 — Manga

Midtown East — Midtown Comics*
455 Lexington Ave. (at 45th St.) — 212-302-8192 — Manga

Chelsea — Cosmic Comics
10 E. 23rd St. 2 Fl. (bet. Madison & 5th Ave.) — 212-460-5322 — Manga

Chelsea — Image Anime*
242 W. 30th St. (bet. 7th & 8th Ave.) — 212-631-0888 — Anime

West Village — AC Goers
69 E. 8th St. (bet. Broadway & University Pl.) — 212-260-2262 — J Goods

East Village — Forbidden Planet
832 Broadway (bet. 12 & 13th St.) — 212-473-1576 — Toy

East Village — Kim's Video St. Marks
124 1st Ave. (bet. 7th St. & St. Marks Pl.) — 212-533-7350 — Video Rental

East Village — St. Marks Comics
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) — 212-598-9433 — Manga

East Village — Sunrise Mart
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.) — 212-598-3040 — Video Rental

East Village — Toy Tokyo*
51 2nd Ave. (bet. 5th & 6th St.) — 212-473-5424 — Toy

East Village — Video Games New York*
202 E. 6th St. (at 3rd Ave.) — 212-533-1033 — J Goods

Soho — Sunrise Mart, Soho
494 Broome St. (W. Broadway & Wooster St.) — 212-219-0033 — Video Rental

Brooklyn — Zakka Corp*
155 Plymouth St. (bet. Jay & Pearl St.) — 718-801-9037 — Book

Queens — Anime Castle*
35-32 Union St. Flushing, NY 11354 — 347-436-1298 — Anime

New Jersey — Gundam Planet*
544 10th St. Palisades Park, NJ 07650 — 201-944-5305 — Toy

TRADITIONAL

Midtown East — Minamoto Kitchoose*
509 Madison Ave. (bet. 52nd & 53rd St.) — 212-486-3747 — Confectionery

Chelsea — KYOTOYA*
23 W. 18th St. (bet. 5th & 6th Ave.) — 212-414-0720 — General

East Village — Mekon
37 3rd Ave. (bet. 12th & 13th St.) — 212-995-5861 — Antique/General

Soho — Kimono House
131 Thompson St. (bet. Prince & Houston) — 212-505-0232 — Kimono

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www.wahoonyc.com — 212-231-9162 — Towel

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Upper West — Gallery Sokiko
155 W. 79th St. (bet. 6-way & Amsterdam) — 212-496-3263 — Gallery

Midtown East — Ronin Gallery*
425 Madison Ave. (at 48th St.) — 212-583-0154 — Gallery

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Chelsea — NYCoo Gallery*
1133 Broadway #335 (bet. 25th & 26th St.) — 212-380-1149 — Gallery

Chelsea — Onishi Gallery
521 W. 26th St. (bet. 10th & 11th Ave.) — 212-695-0035 — Gallery

Lower Mhn — gallery onetwentyeight
128 Rivington St. (bet. Norfolk & Essex St.) — 212-674-0244 — Gallery

Queens — Gallery Gee
47-00 36th St. Long Island City, NY 11101 — 718-392-7717 — Gallery

OTHER

Midtown West — Toho Shoji N.Y.*
990 6th Ave. (bet. 39th & 37th St.) — 212-465-7405 — Jewelry Supply

Midtown East — Ippodo Tea
125 E. 39th St. (bet. Lex & Park Ave.) — 212-370-0609 — Other Goods

Lower Mhn — The Mondern's Tea Room
21 Howard St. #201 (Lafayette & Broadway) — 917-767-1031 — Other Goods

Online — IKI Japan
www.ikijapan.com — 650-565-5764 — Other Goods

Online — JPstatus
www.jpstatus.com — 888-330-8536 — Other Goods

Online — LUPICIA Fresh Tea
www.lupicausa.com — 866-574-4932 — Other Goods

HOUSEHOLD GOODS

Upper East — Sora Japanese Pottery*
350 Lexington Ave. (bet. 69th & 70th St.) — 212-772-3243

Midtown East — Japanese Culinary Center
711 3rd Ave. (at 45th St.) — 212-661-3333

Tribeca — Kane*
57 Warren St. (bet. Church St. & W. B'way) — 212-587-7021

New Jersey — Kitchenwarm Central*
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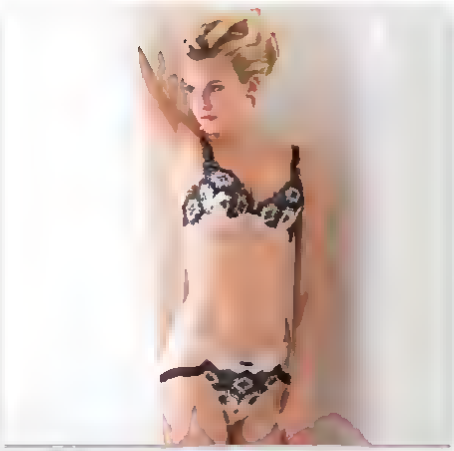
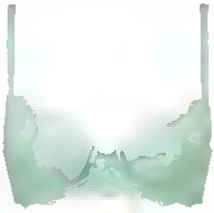
MONO-logue

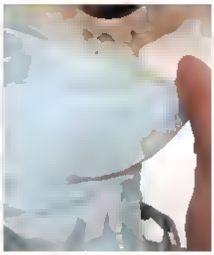
"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.



Every woman deserves to have a properly-fitted bra and a gorgeous silhouette regardless of body shape. Over time, women can achieve their ideal body contours through the innovative designs of the III Step system.



Bradelis New York III Step bras come in a variety of beautiful patterns and colors to suit your taste and create a beautiful décolletage.



Pads can be inserted or removed to even out the bust, as most women do not have perfectly even-sized breasts.

Many women think that bras are uncomfortable, but Bradelis New York bras are very comfortable to wear while providing excellent support for your bust.

Items stocked in the stores (SoHo, Madison Avenue, and Flushing, NY) reflect each location's clientele and their preferences.

Vol. 40 - MONO of the month

III Step System Bra by Bradelis New York

Most women wear a bra every day because it is necessary. But for many, it is not such a pleasant experience because the bras are often ill-fitting, uncomfortable, or create extra bulges. The III Step System bra, created by Bradelis New York, a custom-fit lingerie brand, has helped women re-shape their bust line for a more beautiful figure.

The III Step System bras are specially designed to perform a specific function in each step. The first step is designed to reposition the breast tissue from the non-breast areas, such as the back and underarm area to sculpt and redefine the contour line of the breast. The second step is to reshape the breasts for a better dimension and a fuller look. The third step creates a high, rounded shape and creates noticeably more cleavage.

In order for each customer to achieve optimal results from the III Step System, a consultation with an expert bra-fitter is encouraged. The customer is asked about their ideal silhouette and what they want to achieve. For example, some people have had a change in weight or used to do an activity that used the upper half of their body a lot, which may have created somewhat of a stiff chest. Bras are recommended to customers based upon their history, lifestyle, and ideal body contours.

"Not all customers need to start from Step 1," says Ms. Shiho Kawamura, expert bra fitter at Bradelis New York. "For some customers who wear a bra properly and already have a defined shape, they can start from Step 2 to enhance their shape. Other customers once had a nice shape, but they either have gained or lost weight and now they don't know which bra to wear. These steps were created so that everything can be adjusted," she explains. In this sense, age does not matter when starting the III Step System. You can sculpt your breasts no matter how old you are. This technique even benefits younger women who may be wearing bras of the wrong size or shape.

As a bonus, Bradelis New York can do on-the-spot alterations to address unique bra concerns. Even if a woman's wearing the right cup size, the straps may need to be shortened or the band may need to be altered. Bradelis New York offers this service for free for the life of the bra.

In addition, the III Step System bras are not only highly functional, but also fashionable. Bra styles and designs change from fall/winter to spring/summer collections to address the changing needs of Bradelis' customers. Recent design changes have included a wider band on the side to combat underarm bulge, and bras that function as shape wear. "Bras that have softer cups and more comfortable straps are also often requested. In New York, clothes tend to be more fitted, so women don't want to look like they are wearing a shape wear bra," added Ms. Kawamura.

The III Step System bra keeps evolving. In response to the requests of their American consumers, Bradelis New York introduces new sizes and styles in their III Step System lines.

Bradelis New York
SoHo Flagship Store
211 Elizabeth St., New York, NY 10012
TEL: 212-941-5629

Madison Avenue Store
68 Madison Ave., New York, NY 10016
TEL: 212-599-2223

Flushing Store
135-20 39th Ave., Suite HL 219
Flushing, NY 11354
TEL: 718-353-1345

www.bradelisny.com

Japanese Restaurant Review

Suigo Chiraku Sake Bar

•

Bassanova Ramen

•

Shochu and Tapas Aya

Chopsticks NY's Test Kitchen

Togarashi Chicken Tacos by Executive Chef, Michael Armstrong of Bodega Negra

Listings

Japanese Restaurant

•

Asian Restaurant

Suigo Chiraku Sake Bar

430 3rd Ave. (at 30th St.), New York, NY 10016
TEL 212/696-4500
Mon-Sat 6-11pm

The idea of drinking Japanese sake only when having Japanese food is outdated. Just like wine, Japanese sake can accompany a diverse style of cuisines. Although NY is full of sake bars today, there has not been one quite like Suigo Chiraku Sake Bar where the concept is to pair Italian cuisine with Japanese sake. The menu, created by Executive Chef, Makiko Nanta brings feminine delicateness and a subtle essence of Japan to her Italian fare, making sake an ideal companion to her creations. The signature *Tapas Platter* are subtly flavored, perfect for sake to bring out the natural flavors of the ingredients. In addition, more than 150 different types of sake carried here are sakes that were personally chosen by sake and wine sommelier Kenta Akaboshi, through his long quest for rare, quality sakes made by microbrewers all over Japan. Pairings like *Green Curry Fettuccine* paired with Gonki Junmai, and *Grilled Blue Fin Tuna* with Yuki no Bosha Yamahai are examples of eye-opening combinations one cannot experience anywhere else. Yuta Kobayashi, Manager of the restaurant explains, "By creating unusual matches that truly work great together, and offering some hard to find sakes, we strive to bring a little bit of a pleasant surprise to our customers each time."

Suigo Chiraku's signature *Tapas Platter* including steamed chicken seasoned with cinnamon and ponzu, shishito peppers, liver pate marinated squid, and bacon wrapped dates with a twist of Japan. Olive oil marinated scallop (bottom) is subtly seasoned with salt and other secret ingredients

Marinated oyster appetizer made with olive oil and spices like hot peppers, salt, thyme, parsley, and rosemary goes well with Hanagaki Junmai from Fukui Prefecture

3 Best Sellers

Bagna Cauda	$14 (small), $18 (large)
Green Curry Fettuccine	$17
Grilled Blue Fin Tuna	$21

Bassanova Ramen

76 Mott St. (bet. Bayard & Canal Sts.) New York, NY 10013
TEL. 212-334-2100
Lunch Mon-Sun 12-5 pm Dinner Mon-Thu & Sun 5-9:30 pm, Fri & Sat 5-10:30 pm

When Japanese developed ramen by adjusting Chinese soup noodles to match their palates and food culture, they were not shy about breaking the rules. Bassanova Ramen has definitely inherited that spirit and creates unprecedented flavors. For example, *Tondaku Wadashi Green Curry Ramen* masterfully and miraculously blends Thai green curry sauce and tonkotsu soup made with Berkshire pork. They choose extra thick noodles to match the rich, creamy, full-bodied and spicy soup while fresh flavors of mixed greens, red pepper and okra help cleanse the palate. Artistically presented, *Lemon and Black Pepper Tondaku Ramen* (top picture) is also a creative bowl. Thinly sliced lemon covers the toppings of pork loin chashu, kikurage mushroom, fried ginger onion, crushed sesame, nori seaweed and scallions, and encourages you to dig into the noodles in the Berkshire pork tonkotsu soup. All these original mix and match ideas are also approved by Japanese in Japan who are picky about ramen. Bassanova's first location in Shindaita is a huge success and was selected as top rated ramen for three consecutive years in the Setagaya region, the area of Tokyo with the most ramen shops.

Rich tonkotsu soup and light seafood-base soup are perfectly blended together in *Tondaku Wadashi Ramen*.

To appreciate *Tondaku Wadashi Green Curry Ramen* grab a big chunk of noodles and scoop tonkotsu and green curry soup with a "renge" spoon. As you bite, complex umami will spread throughout your mouth.

Tucked into a bustling area of Chinatown just below Canal Street, Bassanova Ramen looks like a chic café with a communal table in the middle and an open kitchen counter and 10 small dining tables.

3 Best Sellers		
	Tondaku Wadashi Green Curry Ramen	$13
	Lemon and Black Pepper Tondaku Ramen	$14
	Tondaku Truffle Oil Wadashi Ramen	$15

Shochu and Tapas Aya

247 E. 50th St. (bet. 2nd & 3rd Aves.) New York, NY 10022
TEL. 212 715-0770 | www.aya-nyc.com
Mon-Sat. 4-11pm

Shochu is one of the traditional Japanese alcoholic beverages which is rapidly gaining fans in New York, but there are not so many places that serve it at this moment. Owned by certified shochu sommelier Aya, and with over 35 different shochu on their permanent list, Shochu and Tapas Aya is one of the rare establishments that is dedicated to shochu. Naturally one would find rarer brands here that would be hard to find in the U.S. For anyone wanting to learn more about shochu itself, this is the perfect bar especially since Aya herself hosts her customers most of the time. Another interesting thing about this shochu bar is that the cuisine here is Italian tapas created by Executive Chef, Atsushi Sasaki who spent time in Toscana as a young man learning to cook traditional Italian. His flavors have a twist of Japanese using Japanese broth and seasoning, but mostly his technique and flavors are traditional Italian, with his own dynamic, fresh style. "Our goal here is not to create the best pairing per se, but for customers to experience shochu in a different light, and for them to find the shochu they like," explains Aya. Here at Shochu and Tapas Aya, you can immerse yourself in the deep world of shochu while enjoying Japanese style Italian dishes.

One of the signature items here is *Aya Tartare*. Snapper sashimi with slick goodness like okra, yamaimo potato, cucumber and shimeji mushrooms.

The *Shimasaba (vinegar cured mackerel) Sandwich* is Chef Sasaki's creation with Japanese and Italian twists on a traditional Istanbul cuisine called Balik Ekmek.

The trendy atmosphere makes it easy for women to come and dine alone.

3 Best Sellers		
	Bruschetta (5 assortad)	$15
	Aya Tartare	$10
	Shimasaba Sandwich	$14

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
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212-823-9800

Dan Japanese Restaurant — $20
201B Broadway (at 69th St.)
212-877-5255

Gari — $80
370 Columbus Ave. (bet. 77th & 78th St.)
212-362-4616

Haru — $35
433 Amsterdam Ave (bet. 80th & 81st St.)
212-579-1165

Ichie Restaurant — $20
53W 106th St (bet. Manhattan & Columbus Ave.)
212-865-4886

Jin Ramen* — $15
3183 Broadway (at 125th St.)
646-559-2961

Kitaro — $20
510 Amsterdam Ave (bet. 84th & 85th St.)
212-787-3006

Kouzan — $25
695 Amsterdam Ave (at 93rd St.)
212-280-0089

Kumo Sushi — $30
165 W 72nd St. (Columbus & Amsterdam Ave.)
212-580-0228

Mama Sushi — $25
237 Dyckman St. (Broadway & Sherman Ave.)
212-544-0003

Mana Organic Cafe — $20
648 Amsterdam Ave (bet. 91st & 92nd St.)
212-787-1110

Masa — $480
Time Warner Ctr 4Fl Columbus Cir
212-823-9800

Matsa — $20
483 Columbus Ave (bet. 83rd & 84th St.)
212-799-7822

Mamaya Amsterdam — $42
427 Amsterdam Ave. (bet. 80th & 81st St.)
212-580-0007

Next Door — $25
813 W 187th St. (Pinehurst & Fort Washington)
212-543-2111

Ozu — $25
566 Amsterdam Ave (bet. 87th & 88th St.)
212-787-4516

Planet Sushi* — $25
340 Amsterdam Ave (at 79th St.)
212.712.2162

RAKU* — $20
57 W 76th St. (at Columbus Ave.)
212-973-1220

Saga Grill — $25
1258 Amsterdam Ave (bet. 122nd & 123rd St)
212-666-2906

Sajis — $15
256 W 109th St (B'way & Amsterdam Ave.)
212 743-1834

Suma Sushi — $25
564 Amsterdam Ave (bet. 107th & 108th St.)
212.280-5856

Sun-Chan* — $25
2707 Broadway (bet. 103rd & 104th St.)
212-749-5008

Sushi Hana — $35
486 Amsterdam Ave (bet. 82nd & 83rd St.)
212-874-1078

Sushi Yasaka* — $30
251 W 72nd St. (B'way & West End Ave.)
212-496-9480

Sushi Ya 2 — $18
927 W 181st St. (bet. Pinehurst & Cabrini)
212 781-6933

Tenzan — $32
255 Columbus Ave. (bet. 73rd & 74th St.)
212.580-7300

Vine Sushi & Sake* — $20
2953-55 Broadway (bet. 115th & 116th St.)
212-222-3566

Yasha Ramen* — $13
940 Amsterdam Ave. (bet. 106th & 107th Ave.)
212-222-2995

Upper East

Aki Sushi — $25
1425 York Ave (bet. 75th & 76th St.)
212-628-8865

AMURA* — $23
1567 2nd Ave (bet. 80th & 81st St.)
212-772-1588

Dongan — $60
309 E. 83rd St. (bet. 1st & 2nd Ave.)
212-737-5656

Fuji Yama — $30
1466 1st Ave. (bet. 76th & 77th St.)
212-249-2722

Ginza — $20
800 Lexington Ave (at 62nd St.)
212-888-7880

Haro — $30
1329 3rd Ave. (at 76th St.)
212-452-1029

Haro Sake Bar — $38
1327 3rd Ave (at 76th St.)
212-452-2230

Ichiro — $30
1594 2nd Ave (bet. 87th & 88th St.)
212-369-0300

Ikenohana — $30
1016 Lexington Ave (bet. 72nd & 73rd St.)
212-737-0505

INASE* — $40
1586 1st Ave (bet. 82nd & 83rd St.)
212-628-1238

IRON Sushi* — $25
355 E. 78th St. (bet. 1st & 2nd Ave.)
212-772-7660

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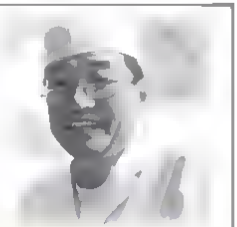
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1103 1st Ave (bet 60th & 61st St.) $25
212-809-8109

Upper East **Izakaya Oaichaa***
354 E 66th St (bet 1st & 2nd Ave.) $22
212-734-5270

Upper East **Ko Sushi (2nd Ave.)**
1329 2nd Ave (at 70th St.) $31
212-439-1078

Upper East **Ko Sushi (York Ave.)**
1819 York Ave (bet. 85th & 86th St.) $31
212-772-8138

Upper East **Koito Sushi***
310 E 93rd St (bet. 1st & 2nd Ave.) $30
212-426-1216

Upper East **Kyoto Sushi**
1240 Lexington Ave (bet. 83rd & 84th St.) $30
212-288-5024

Upper East **Matsu**
411 E 70th St (bet. York & 1st Ave.) $30
212-744-5454

Upper East **Naruto Ramen***
1596 3rd Ave (bet. 89th & 90th St) $10
212-289-7803

Upper East **Ooki Sushi**
1575 3rd Ave (bet. 84th & 85th St.) $35
212-628-3388

Upper East **Poke**
343 E 85th St (bet. 1st & 2nd Ave.) $30
212-249-0581

Upper East **Sasabuaa**
401 E 73rd St (bet. 1st & York Ave.) $40
212-249-8583

Upper East **Shabu-Shabu 70***
314 E 70th St (bet. 1st & 2nd Ave.) $25
212-481-5635

Upper East **Sushi Haaa**
1501 E 2nd Ave (at 78th St.) $25
212-327-0582

Upper East **Sushi of Gari**
402 E 78th St (bet. 1st & York Ave.) $80
212-517-5340

Upper East **Sushi Seki***
1143 1st Ave (bet. 62nd & 63rd St.) $57
212-371-0230

Upper East **Sushi Suki**
1577 York Ave (bet. 83rd & 84th St.) $20
212-249-3796

Upper East **Taaashi Sushi Sake Bar***
1372 York Ave (bet. 73rd & 74th St.) $55
646-727-9058

Upper East **Tatani 72**
1400 2nd Ave (bet. 72nd & 73rd St.) $20
212-472-1700

Upper East **Taazaa**
962 2nd Ave (bet. 52nd & 53rd St.) $35
212-980-5300

Upper East **Teriyaki Boy***
1840 3rd Ave (bet. 91st & 92nd St.) $7
212-987-7150

Upper East **Tokubei 86***
314 E 86th St (bet. 1st & 2nd Ave.) $25
212-628-5334

Upper East **TORI SHIN**
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212-888-8408

Upper East **Totoya**
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212-753-0422

Upper East **Wajima**
134 E 61st St (bet. Lexington & Park Ave.) $30
212-813-9065

Upper East **Wasabi Lobby**
1584 2nd Ave (at 82nd St.) $30
212-396-6682

Upper East **YUKA***
1957 2nd Ave (bet. 100th & 101st St.) $25
212 772-9575

Upper East **Yuko**
1531 York Ave (at 81st St.) $25
212-988-5900

Midtown West

Midtown West **Ai's Sushi**
374 W 46th St. (at 9th Ave.) $15
212-265-5686

Midtown West **Aki Sushi**
359 W. 52nd St. (bet. 8th & 9th Ave.) $30
212-262-2888

Midtown West **Aoki**
234 W. 48th St. (bet. Broadway & 8th Ave.) $30
212-956-2356

Midtown West **Bamboo 52**
344 W. 52nd St. (bet. 8th & 9th Ave.) $12
212-315-2777

Midtown West **Benihana**
47 W. 56th St. (bet. 5th & 6th Ave.) $30
212-661-0300

Midtown West **Bento Sushi***
1407 Broadway (bet. 38th & 39th St.) $8
212-354-1405

Midtown West **east 55***
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231 W 40th St. (bet. 7th & 8th Ave.) $45
212-354-2135

Midtown West **IPPUDO NY WESTSIDE**
321 W 51st St. (bet. 8th & 9th Ave.) $32
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Midtown West **ISE Menkui-tei 56**
56 W 56th St. (bet. 5th & 6th Ave.) $25
212 707-1702

Midtown West **Ishihama**
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212-696-0202

Midtown West **Izakaya IROHA**
152 W 48th St. (bet. 6th & 7th Ave.) $30
212-398-3048

Midtown West **KATSUHAMA55**
43-45 W. 55th St. (bet. 5th & 6th Ave.) $18 L
212-541-7145

Midtown West **Kodama 45**
301 W. 45th St. (at 8th Ave.) $25 L
212-582-8065

Midtown West **Koi**
40 W. 40th St. (bet. 5th & 6th Ave.) $60 L
212-524-3330

Midtown West **Monster Sushi**
22 W. 56th St. (bet. 5th & 6th Ave.) $30 L
212-396-7707

Midtown West **Natsumi**
226 W. 50th St. (bet. Broadway & 8th Ave.) $40 L
212-258-2886

Midtown West **NOBU 57**
40 W. 57th St. (bet. 5th & 6th Ave.) $100 L
212-757-3000

Midtown West **Ocha***
350 W. 46th St. (bet. 8th & 9th Ave.) $25 L
212-581-3198

Midtown West **Ootoya Times Square**
141 W. 41st St. (bet. 6th Ave. & Broadway) $20 L
212-704-0133

Midtown West **Saka Bar Hagi***
152 W. 49th St. (bet. 6th & 7th Ave.) $25
212-764-8549

Midtown West **Sapporo***
152 W. 49th St. (bet. 6th & 7th Ave.) $18 L
212-869-8372

Midtown West **Shimizu**
318 W. 51st St. (bet. 8th & 9th Ave.) $35 Su L
212-581-1581

Midtown West **Soba Nippon***
18 W. 52nd St. (bet. 5th & 6th Ave.) $30 L
212-489-2525

Midtown West **Sugiyama**
251 W. 55th St. (bet. Broadway & 8th Ave.) $65 M Su
212-956-0670

Midtown West **Sushi Oamo**
330 W. 50th St. (bet. 8th & 9th Ave.) $45 L
212-707-8809

Midtown West **Sushi of Gari 46**
347 W. 46th St. (bet. 8th & 9th Ave.) $80 L
212-957-0046

Midtown West **Sushi Osaka**
535 9th Ave. (W 36th & 37th St.) $15 L
212-629-3708

Midtown West **Sushi Zen**

Serving healthy and balanced dishes in Midtown for over 30 years. Sushi Zen prepares Omakase at the sushi bar exclusively by their veteran chefs. Each dish is made using fresh, premium ingredients and are sure to delight discerning palate.

108 W. 44th St. (bet. 6th & 7th Ave.) $85 L
212-302-0707 www.sushi-zen-ny.com

Midtown West **Sushidaa***
123 W. 49th St. (bet. 6th & 7th Ave.) $45 Su L
212-398-2800

Midtown West **Sushiya***
28 W. 56th St. (bet. 5th & 6th Ave.) $20 L
212-247-5756

Midtown West **TABATA***
540 9th Ave. (bet. 39th & 40th St.) $15 L
212-290-7691

Midtown West **Tarakawa Ramen***
695 9th Ave. (bet. 57th & 58th St.) $12 L
212-307-0170

Midtown West **Totto Ramen**
366 W. 52nd St. (bet. 8th & 9th Ave.) $20 L
212-582-0052

Midtown West **Totto Ramen 51st St**
464 W. 51st St. (bet. 9th & 10th Ave.) $20 L
646-596-3096

Midtown West **Yokitori TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) $45 L
212-245-4555

Midtown West **Yummy Sushi***
30 Rockefeller Plaza Concourse Level $10 Su L
212-459-2100

Midtown East

Midtown East **Aburiya Kinnosuke***
213 E. 45th St. (bet. 2nd & 3rd Ave.) $65 L
212-867-6454

Midtown East **Arata Sushi**
1047 2nd Ave. (bet. 55th & 56th St.) $20 L
212-371-4338

Midtown East **Azusa***
3 E. 44th St. (bet. Madison & 5th Ave.) $35 Su L
212-661-0001

Midtown East **OONBURI-YA***
137 E. 47th St. (bet. 3rd & Lexington Ave.) $25 L
212-593-7909

Midtown East **Gyu-Kaku***
805 3rd Ave. 2 Fl. (at 50th St.) $40 L
212-702-8816

Midtown East **Hakubai**
The K tano Hotel 60 Park Ave. (at 38th St.) $60 L
212-685-7111

Midtown East **Haru**
280 Park Ave. (at 48th St.) $35 L
212-490-9580

Midtown East **Hatsuhana**
17 E. 48th St. (bet. Madison & 5th Ave.) $50 Su
212-355-3345

Midtown East **Hide-Chan Ramen**
248 E. 52nd St. 2 Fl. (bet. 2nd & 3rd Ave.) $20 L
212-813-1600

Midtown East **HINATA**
15 E. 55th St. (bet. 3rd Ave. & Lex.) $20 L
212-355-2374

Midtown East **Hiroshi Japanese Fusion**
505 3rd Ave. (bet. 30th & 29th St.) $25 L
212-661-0299

Midtown East **Izakaya Ariyoshi**
229 E. 53rd St. (bet. 2nd & 3rd Ave.) $25 L
212-319-3940

Midtown East **Izakaya Riki**
141 E. 45th St. (bet. 3rd & Lexington Ave.) $40 L
212-983-5804

Midtown East **Jukai**
237 E. 53rd St. (bet. 2nd & 3rd Ave.) $30 Su L
212-594-3767

Midtown East **Kajitsu**
125 E. 39th St. (bet. Lex & Park Ave.) $80 Su L
212-228-4873

Midtown East **KATSUHAMA47***
11 E. 47th St. (bet. Madison & 5th Ave.) $18 L
212-759-5308

Midtown East **Kuruma Zushi**
7 E. 47th St. 2 Fl. (bet. Madison & 5th Ave.) $100 Su L
212-317-2002

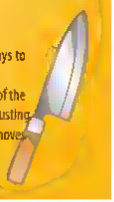
Midtown East **Mai Sushi Restaurant**
16 E. 41st St. (bet. 5th & Madison Ave.) $18 Su L
212-400-9800

Red Dragon
SPICY OR VERY SPICY
$15
Happy Hour!
Sapporo Draft Small $1 Large $2
& All Appetizers and Drinks
Half Price! 4:30pm-6:30pm Mon-Fri
Free Extra Noodles Fri after 12am
HIDE-CHAN RAMEN
Open for lunch Mon-Sat
248 E 52nd St 2nd Fl (Bet. 2nd & 3rd Ave) 212-813-1600

JAPANESE GRANDMA'S TIPS

Helpful and eco-friendly tips that have been handed down from generation to generation

3 Ways to Maintain a Kitchen Knife



Dull knives are not only hard to use, but they are dangerous. Here are three ways to keep your knives well maintained

① Put used tea leaves into a pack and polish your knife with it. The components of the green tea bind to the steel creating a film on the blade of the knife, and prevent rusting.

② Scrub thoroughly with the cut end of a daikon radish and toothpaste. This removes fat from fish and meat

③ Fold aluminum foil 4 or 5 times, and cut it many times with the knife.

Midtown East **MEGU Midtown**
845 UN Pl (bet 47th & 48th St.) $125 M Su
212-964-7777 L

Midtown East **Menchesko-Tei**
131 E 45th St (bet. 3rd & Lexington Ave.) $14 L
212-986-4405

Midtown East **Noda-Sushi**
135 E 50th St (bet. 3rd & Lexington Ave.) $25 Su
212-980-2537 L

Midtown East **Nippoe***
155 E 52nd St (bet. 3rd & Lexington Ave.) $49
212-758-0226

Midtown East **Oeya***
143 E 47th St (bet. 3rd & Lexington Ave.) $30 Su L
212-715-0480

Midtown East **Ramen Tekemi***
517 3rd Ave (bet. 34th & 35th St.) $10 L
212-679-2752

Midtown East **Restaurant SEO***
240 E 46th St (bet. 2nd & 3rd Ave.) $40 L
212-855-7722

Midtown East **Rhogo**
205 E 45th St (bet. 2nd & 3rd Ave.) $50 L
212-867-4200

Midtown East **Room Bar & Grill**
9 E 37th St (bet. Madison & 5th Ave.) $15 L
212-213-6137

Midtown East **Sakagura***

Largest sake bar in the world serving over 200 varieties of sake and seasonal daily specials. Homemade soba and lunch set of soba & rice bowl are popular. This amazing hidden treasure situated on the basement level is perfect for couples. Private parties available.
211 E. 43rd St. B1F (bet. 2nd & 3rd Ave.) $50 L
212-353-7253 www.sakagura.com

Midtown East **Shinbashi**
7 E 48th St. (bet. Madison & 5th Ave.) $30 Su
212-813-1001 L

Midtown East **Shoche & Tapas AYA**
247 E 50th St (bet. 2nd & 3rd Ave.) $30 Su
212-715-0770

Midtown East **Shochu Bar Hatchan***
210 E 44th St. (bet. 2nd & 3rd Ave.) $30
212-697-5075

Midtown East **Sobe TOTTO**
211 E 43rd St. 1 Fl (bet. 2nd & 3rd Ave.) $40 L
212-557-1200

Midtown East **Sushi Time**
921 2nd Ave (at 44th St.) $20 L
212-983-8383

Midtown East **Soshi Yoo***
245 E 51st St (bet. 2nd & 3rd Ave.) $85 L
212-752-2087

Midtown East **SushiAnn**
38 E 51st St (at Park Ave.) $50 Su L
212-755-1780

Midtown East **Soshideo***
13 E 49th St. (bet. Madison & 5th Ave.) $45 Su L
212-750-2700

Midtown East **TOMI JAZZ**
333 E 53rd St (bet. 2nd & 3rd Ave.) $30
646-497-1254

Midtown East **Tseshima**
141 E 47th St (bet. 3rd & Lexington Ave.) $40 L
212-207-1338

Midtown East **West Udon Izakaya**
150 E 46th St (bet. 3rd & Lexington Ave.) $10 L
212-922-9477

Midtown East **Yakiniku GEN***
250 E 52nd St. (bet. 2nd & 3rd Ave.) $50
212-702-1125

Midtown East **Yakitori East***
210 E 44th St. (bet. 2nd & 3rd Ave.) $20 L
212-697-5075

Midtown East **YAMA Restaurant**
308 E 45th St (bet. 1st & 2nd Ave.) $28 Su L
212-355-3370

Midtown East **Yomokoge Tokyo**
1026 2nd Ave (bet. 54th & 55th St.) $20 L
646-570-0993

Koreatown

Koreatown **Ichi Umi Restaurant***
6 E 32nd St (bet. Madison & 5th Ave.) $30 L
212-725-1333

Koreatown **Izakaya Maku**
19 W. 32nd St. 2 Fl (bet. 5th Ave. & B way) $20 L
212-736-3232

Koreatown **Kirakuya**
2 W 32nd St. (bet. 5th Ave. & Broadway) $30 Su L
212-695-7272

Koreatown **Toyama Sushi**
11 W 36th St (bet. 5th & 6th Ave.) $22 L
212-967-3541

Chelsea

Chelsea **Ajisen Ramen**

Founded in Japan in 1968 and now operates over 600 locations worldwide. Among their wide variety of dishes offered Pork Buns prepared the authentic Tanmen way is a must try! Conveniently located just steps from Penn Station and Herald Square.
136 W. 28th St. (bet. 6th & 7th Ave.) $16 L
646-836-0888

Chelsea **Asuka Sushi***
300 W 23rd St. (at 8th Ave.) $25 L
212-727-0188

Chelsea **Blue Ginger**
166 9th Ave. (bet. 15th & 16th St.) $30 L
212-352-0911

Chelsea **ennju***

A self-service restaurant conveniently located near union square station. ennju features an original menu created by the Japanese owner. There are many items to choose from including sushi, bento, ramen, udon, daily donburi and sake.
20 E 17th St. (bet. 5th Ave. & Broadway) $10 L
646-336-7004

Chelsea **GO! GO! CURRY!***

Chelsea Stadium is the 4th location of Go! Go! Curry in NYC. "Katsu curry" "Home-run curry" and "Grand Slam" are always popular among New Yorkers. On the 5th, 15th and 25th of each month, get free topping coupons on purchase for GO GO DAY.
144 W. 19th St. (bet. 6th & 7th Ave.) $8.5 L
212-255-4555 www.gogocurryusa-ny.com

Chelsea **IRON Soshi**
440 3rd Ave. (bet. 30th & 31st St.) $25 L
212-447-5622

Chelsea **Izakaya Tan**
207 10th Ave. (bet. 22nd & 23rd St.) $25
212-627-7777

Mikado
Japanese Bistro & Sushi Bar
525 6th Ave., (bet. 13th & 14th St.) | TEL. 212-255-9981 / 9431 | Open 7 Days
Free Delivery - min. $10 | Order online: www.MikadoSushiBar.com

CELEBRATING THE
1ST ANNIVERSARY
of Chelsea Stadium
April 25
$5 any single(M) curry
5 free topping coupons
At Chelsea Stadium
Open 7 days
www.gogocurryusa-ny.com
Times Square Stadium 273 W. 38th St. (bet. 7th & 8th Ave.)
Chelsea Stadium 144 W. 19th St. (bet. 6th & 7th Ave.)
World Trade Center Stadium 12 John St. (bet. Broadway & Nassau St.)
Washington Square Park Stadium 231 Thompson St. (bet. W. 3rd & Bleecker St.)

Chelsea

Kiku Sushi*
235 9th Ave (bet. 24th & 25th St.)
212-627-3600 — $15

Momoya Chelsea
185 7th Ave (at 21st St.)
212-965-4466 — $40

Monster Sushi*
158 W. 23rd St. (bet. 6th & 7th Ave.)
212-620-9131 — $30

MORIMOTO
88 10th Ave. (bet. 15th & 16th St.)
212-989-8883 — $30

Naka Naka
458 W. 17th St. (bet. 9th & 10th Ave.)
212-929-0544 — $50

Ootoya Chelsea
8 W. 18th St. (bet. 5th & 6th St.)
212-255-0018 — $20

Tanuki Tavern
Gansevoort Hotel 18 9th Ave. (at 13th St.)
212-900-6701 — $50

Gramercy

15 EAST
15 E. 15th St. (bet. Union Sq. W. & 5th Ave.)
212-647-0015 — $80

Ap Sushi
519 3rd Ave. (bet. 34th & 35th St.)
212-696-2055 — $25

Choshi*
77 Irving Place (at 18th St.)
212-420-1419 — $20

Hamachi
34 E. 20th St. (bet. Park Ave. & Broadway)
212-420-8808 — $25

Hana
346 1st Ave. (at 20th St.)
212-598-0135 — $30

Haru
220 Park Ave. S. (at 18th St.)
646-420-0969 — $30

Kaiten Sushi East*
396 3rd Ave. (bet. 26th & 27th St.)
212-889-2320 — $15

Mishima*
154 Lexington Ave. (bet. 30th & 31st St.)
212-532-0558 — $25

Momokawa
157 E. 28th St. (bet. 3rd & Lexington Ave.)
212-684-7830 — $35

Saburi
198 Lexington Ave. (bet. 30th & 31st St.)
212-481-7705 — $20

Suigo Chiraku*
430 3rd Ave. (at 30th St.)
212-481-5211 — $50

Sushi SAMBA
245 Park Ave. S. (bet. 19th & 20th St.)
212-475-8377 — $35

Sushi SEN-NIN
30 E. 33rd St. (Park Ave. S. & Madison Ave.)
212-686-2208 — $40

Terakawa Ramen*
18 Lexington Ave. (bet. 23rd & 22nd St.)
212-777-2939 — $12

YAMA Restaurant
122 E. 17th St. (at Irving Pl.)
212-475-0069 — $20

West Village

Cho Cho San*
15 W. 8th St. (bet. 5th & 6th Ave.)
212-473-3333 — $25

EN Japanese Brasserie
435 Hudson St. (at Leroy St.)
212-647-9196 — $40

GO! GO! CURRY!*
With the motto "Everything for your genki," Go! Go! Curry! offers 15th, 25th are Go! Go! Day. Order any kind of Curry and you can receive one free topping coupon. Vegetable Curry is now available at the Washington Square Park Stadium location. They offer free delivery.
231 Thompson St. (bet. W. 3rd & Bleecker St.) — $8.5
212-505-2555 www.gogocurryusa-ny.com

Hakata Tonton*
61 Grove St. (bet. 7th Ave. & Bleecker St.)
212-242-9093 — $25

JINYA Ramen Bar
24 Greenwich Ave. (bet. 10th & 11th St.)
646-329-6856 — $25

Marumi*
546 LaGuardia Pl. (bet. Bleecker & 3rd St.)
212-979-7055 — $30

Mikado*
525 6th Ave. (bet. 13th & 14th St.)
212-255-9581 — $20

Miyabi
121 W. 3rd St. (bet. MacDougal St. & 6th Ave.)
212-228-1655 — $15

Miyagi
220 W. 13th St. (bet. 7th & Greenwich Ave.)
212-620-3630 — $25

Nagomi
175 Prince St. (bet. Thompson & Sullivan St.)
212-387-8230 — $35

Ramen Takumi*
90 University Pl. (bet. 11th & 12th St.)
212-229-2752 — $13

Ramen-Ya
181 W. 4th St. (bet. 6th & 7th Ave.)
212-366-5440 — $15

Rockmeisha*
11 Barrow St. (bet. 4th & Bleecker St.)
212-675-7775 — $35

Soto
357 6th Ave. (bet. 4th St. & Washington Pl.)
212-414-9055 — $50

Sushi Mamho
295 Bleecker St. (bet. Leroy & Cornelia St.)
212-675-5805 — $18

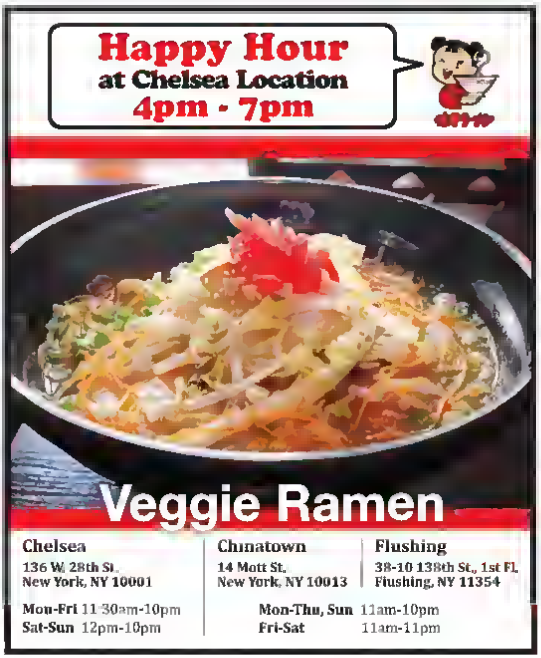
Sushi Yawa
25 W. 8th St. (bet. 5th & 6th Ave.)
212-253-5488 — $30

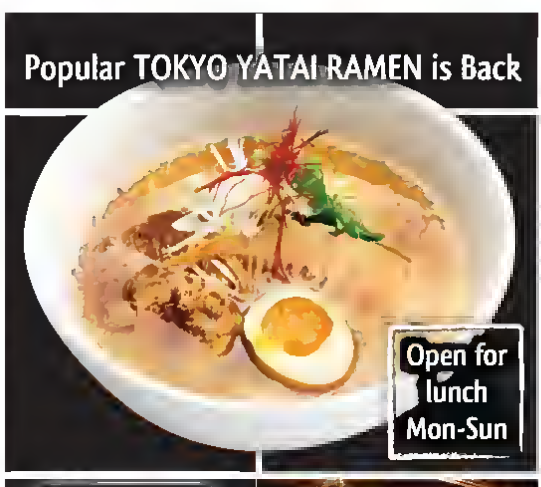
Tomoe Sushi
172 Thompson St. (bet. Houston & Bleecker St.)
212-777-1348 — $40

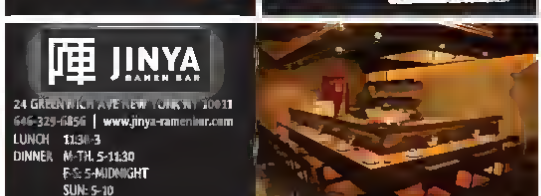
Ushiwakamaru
136 W. Houston St. (Sullivan & MacDougal St.)
212-228-4161 — $80

East Village

Ashiya
187 1st Ave. (bet. 10th & 11th St.)
212-505-8348 — $15







East Village **BOND ST**
6 Bond St. (bet. Lafayette & Broadway) $75
212-777 2500

East Village **Cha-An**

Serving a wide variety of tea from China, Japan and India as well as original sweets created by our pastry chef. The Daily Special Set for lunch or dinner includes a full course of sake. Traditional tea ceremony in Se ka-do (tatami tea room) is available by reservation
230 E. 5th St. 2Fl (bet. 2nd & 3rd Ave.) $20
212-228-1030 www.chaanteahouse.com

East Village **Curry-Ya**

Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors and its intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.
214 E. 10th St. (bet. 1st & 2nd Ave.) $20
212-502-4775 www.nycurry-ya.com

East Village **Olaci**
228 E. 10th St. (bet. 1st & 2nd Ave.) $40
212 377 3545

East Village **East Noodle**
113 2nd Ave. (at 7th St.) $16
212-982-8285

East Village **Gyu-Kaku***
34 Cooper Sq. (bet. 4th St. and Astor Pl.) $40
212-475-2995

East Village **Hasaki***
210 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-473-3327

East Village **IPPUDO NY**
65 4th Ave. (bet. 9th & 10th St.) $29
212-388-0088

East Village **IRON Sushi***
212 10th St. (bet. 1st & 2nd Ave.) $25
212-228-0102

East Village **Japonica**
100 University Pl. (at 12th St.) $40
212-243-7752

East Village **JEWEL BAKO**
239 E. 5th St. (bet. 2nd Ave. & Cooper Sq.) $45
212-979-1012

East Village **Kambi Ramen House***
351 E. 14th St. (bet. 1st & 2nd Ave.) $15
212-228-1300

East Village **Keaka***
25 St. Marks Pl. (bet. 2nd & 3rd Ave.) $25
212 254-8363

East Village **Kotobuki**
56 3rd Ave. (bet. 10th & 11th St.) $25
212 353-5068

East Village **Kuboya**
538 E. 5th St. (bet. Avenue A & B) $15
212 777 7010

East Village **Kyo Ya**
94 E. 7th St. (bet. Ave. A & 1st Ave.) $42
212-982-4140

East Village **May's Place Sushi***
121 2nd Ave. (bet. 7th & St. Marks Pl.) $15
212-533-6148

East Village **Meakui-Tei***
73 Cooper Sq. (bet. 7th St. & St. Marks Pl.) $10
212-228-4152

East Village **MINCA**
536 E. 5th St. (bet. Ave. A & B) $10
212-505-0001

East Village **Natori**
58 St. Marks Pl. (bet. 1st & 2nd Ave.) $20
212-533-7711

East Village **Noodle Cafe Zen***
31 St. Marks Pl. (bet. 2nd & 3rd Ave.) $12
212-533-1155

East Village **Otafuku × Medetai***

Otafuku x Medetai specializes in popular Japanese comfort food Takoyaki (octopus balls) and Okonomi yaki pancakes as well as Medetai (Tie yaki) and Yaki soba. Our food will make you feel like you are in downtown Tokyo.
220 E. 5th St. (bet. 2nd & 3rd Ave.) $7
646-998-3438

酔後知楽

SUIGO CHIRAKU SAKE BAR

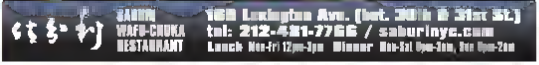
Mon-Sat 6pm-12am (last call 11pm)
430 3rd Avenue (at 30th St.)
212-696-4500

Lunch Time Reopened

New
Satisfying Lunch Menu
Ramen Dim Sum Set $11
Choice of your favorite appetizer, dim sum, and ramen!

The perfect place to unwind
Bar Opens at Dinner Time
You can start with the bartender or just sit back and drink by yourself

Happy Hour
Weekday 5pm-8pm
Enjoy beer, Japanese sake, Chinese rice wine and wine & red wine for half price!


SAKURA WAFU-CHUKA RESTAURANT
168 Lexington Ave. (bet. 30th & 31st St.)
tel: 212-481-7766 / saburinyc.com
Lunch Mon-Fri 12pm-3pm Dinner Mon-Sat 5pm-10pm, Sun 5pm-9pm

Check the Daily Special Donburi on the owner's blog at www.ennju.com!

Twitter and Facebook are also updated daily with news info or special discounts and coupons.

@ennjukst
Ennju

Spicy Kara-age Udon
NEW
A hearty udon noodle soup topped with spicy chicken kara-age marinated in doubanjang and chili pepper powder. $9.50

Eat in or take out
Just steps from Union Square!
E. 17th
Broadway
Union Square

ennju
20 E. 17th St. (bet. 5th Ave. & Broadway)
Tel 646-336-7004
Mon - Fri: 11:30am-10pm Sat & Sun 12pm-8pm

Sake Jargon vol.1

DAIGINJO and GINJO

The percent of remaining grain size is an important indication of how a sake will taste. The sake classified in the "daiginjo" category uses rice which has less than 50% of its original grain remaining. If you find a sake labeled 30%, this would be a daiginjo sake because 70% of the rice was milled off leaving 30%. The lower the number, the smaller the grain. In general, the smaller number sakes are more fragrant, elegant, and better consumed chilled. The ratio of remaining grain size of the sake in the "ginjo" category is less than 60%, which means more than 40% of the rice grain is milled away.

East Village **OH! Taisha***
9 St. Marks Pl (bet. 2nd & 3rd Ave.) $20
212-673-1300

East Village **Rai Rai Ken***

Have you ever seen the movie Tampopo – a Japanese cult movie about sizzling ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen shop! Don't forget our homemade gyoza too. They guarantee the most delightful experience!
211 E. 10th St. (bet. 1st & 2nd Ave.) $15
212-477-7030

East Village **Ramen Misoya New York***
123 2nd Ave. (7th St. & St. Marks Pl.) $10
212-677-4625

East Village **Ramen Setagaya (St. Marks Pl)***
34A St. Marks Pl. (bet. 2nd & 3rd Ave.) $13
212-387-7955

East Village **Robataya NY**

Boast ug fish shipped from Tsuk j market and local ingredients carefully grilled to perfection Ish is is authentic robatayak You will love the satisfying a la carte mu and the carefully selected sake and shochu Chef's cho ce $45 tasting course $40 popular lunch set $10
231 E. 9th St. (bet. 2nd & 3rd Ave) $45
212-979-9674 www.robataya-ny.com

East Village **Saka Bar Dachal**
240 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-979-2733

East Village **Sake Bar Satsko**
202 E. 7th St. (bet. Ave. B & C) $25
212-414-0533

East Village **Sapporo East**
245 E. 10th St. (at 1st Ave.) $17
212-260-1330

East Village **Shabu-Tatsu***
211 E. 10th St. (bet. 1st & 2nd Ave.) $30
212-477-2972

East Village **Shima**
189-193 2nd Ave. (at 12th St.) $20
212-260-8303

East Village **Sohakoh***
309 E. 5th St. (bet. 1st & 2nd Ave.) $15
212-254-2244

East Village **Sohaya***

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box $15 with soba noodle side dishes and dessert. Daily special appetizers and sake selection available for dinner.
229 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-533-[illegible] www.sohaya-nyc.com

East Village **Soba-ya East Village***
325 E. 6th St. (bet. 1st & 2nd Ave.) $15
212-388-1155

East Village **Soba Restaurant***
28 E. 13th St. (bet. University Pl. & 5th Ave.) $20
212-627-7750

East Village **Sushi Zayy***
57 1st Avenue (bet. 3rd & 4th St.) $20
212-228-9518

East Village **Takahachi East Village**
85 Ave. A (at 6th St.) $25
212-505-8524

East Village **Udon West***
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20

East Village **Umami***

Umami is a Japanese comfort food restaurant in East Village with a fine selection of sake and over 50 kinds of shochu All authentic Japanese homestyle dishes are prepared by the owner/chef Try Goto Udon (udon noodles from Goto Islands of Japan)
99 E. 3rd St. (bet. 1st & 2nd Ave.) $20
646-654-1122 www.downtownumimole.com

East Village **Village Yokocho**
8 Stuyvesant St. 2Fl (bet. 9th St. & 3rd Ave.) $20
212-598-3041

East Village **Wasaa**
108 E. 4th St. (bet. 1st & 2nd Ave.) $35
212-777-1078

East Village **Yakiniku West***
211 E. 9th St. (bet. 2nd & 3rd St.) $25
212-673-0238

East Village **Yakitori Taisho***
5 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-228-5066

East Village **Yoshi Sushi***
131 Ave. A (bet. St. Marks Pl. & 9th St.) $25
212-420-5903

East Village **Yuba Restaurant**
105 E. 9th St. (bet. 3rd & 4th Ave.) $40
212-777-3188

East Village **Zen 6***
326 E. 6th St. (bet. 1st & 2nd Ave.) $15
646-429-8471

Lower Manhattan

Lower Mhn **Ajisai Ramen**

Established in Japan in 1966. A global ramen shop franchise with over 800 branches. This is their first location in New York City and the menu offers a wide variety of unique ramen and yakitori skewers that makes your every visit a special one.
14 Mott St. (bet. Worth & Bayard St.) $16
212-267-6690

Lower Mhn **Bento Sushi***
32 Broadway (at Morris St.) $8
212-747-0994

Lower Mhn **Cuba 63**
63 Clinton St. (bet. Rivington & Stanton St.) $21
212-228-8751

Lower Mhn **Elevate Restaurant***
93 Bowery (at Hester St.) $25
646-329-3418

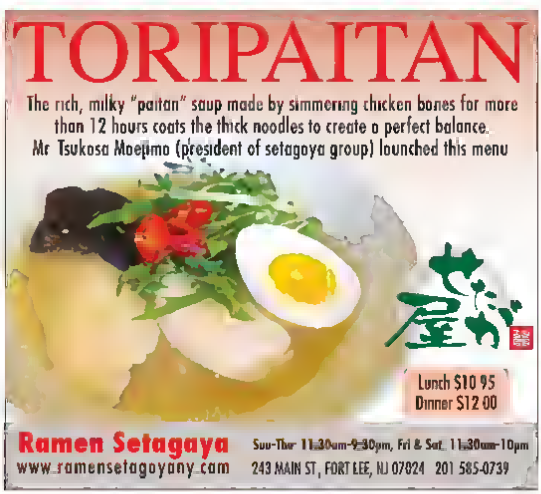
Lower Mhn **Family Recipe***
231 Eldridge St. (bet. Houston & Stanton St.) $30
212-625-3133

Lower Mhn **GO! GO! CURRY!***

World Trade Center Stadium is their 3rd location after Times Square and Washington Square Park Stadium. On the 5th, 15th and 25th of each month get free topping coupons on purchases for GO GO DAY. Check the website for special promo
12 John St. (bet. Broadway & Nassau St.) $8.5
212-406-5555 www.gogocurryusa-ny.com

Lower Mhn **ISE Downtown***
56 Pine St. (bet. Pearl & William St.) $38
212-785-1600

Lower Mhn **Kajou**
21 South End Ave. (at W. Thames St.) $38
212-786-3888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215 Mott St. (bet. Prince & Houston St.) 212-343-9017		$25
Lower Mhn	**Quickly Shabu Shabu**	
237B Grand St. (bet. Chrystie St. and Bowery) 212-431-0535		$13
Lower Mhn	**Soy**	
102 Suffolk St. (bet. Delancy & Rivington St.) 212.253.1158		$14
Lower Mhn	**Sushein**	
325 Broadway (bet. Worth & Duane St.) 212-962-2500		$26
Lower Mhn	**Sushi Azabu**	
428 Greenwich (bet. Laight & Vestry St.) 212-274-0428		$50
Lower Mhn	**SUteiShi**	
24 Peck Slip (bet. Front & Water St.) 212 766-2344		$30
Lower Mhn	**Yopparai**	
151 Rivington St. (bet. Suffolk & Clinton St.) 212 777-7253		$40

Tribeca

Tribeca	**Brushstroke**	
30 Hudson St. (at. Duane St.) 212.791.8771		$130
Tribeca	**MEGU New York**	
62 Thomas St. (bet. Church & W. Broadway) 212-964-7777		$125
Tribeca	**NINJA***	
25 Hudson St. (bet. Reade & Duane St.) 212-274-9500		$35
Tribeca	**NOBU**	
105 Hudson St. (at Franklin St.) 212.219.0500		$190
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105 Hudson St. (bet. Franklin & N. Moore St.) 212-334-4445		$75
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141 Duane St. (bet. Church St. & W. Broadway) 212-346-0954		$80
Tribeca	**Shigure***	
277 Church St. (bet. White & Franklin St.) 212-925-0200		$25
Tribeca	**Takahachi Tribeca***	
145 Duane St. (Church & W. Broadway) 212-571-1830		$35
Tribeca	**Zutto***	
77 Hudson St. (bet. Jay & Harrison St.) 212-233-3267		$40

Soho

Soho	**Blue Ribbon Sushi**	
119 Sullivan St. (bet. Spring & Prince St.) 212-343-0404		$51
Soho	**Hiroki's Place**	
75 Thompson St. (bet. Broome & Spring St.) 212-925-1303		$15
Soho	**Omen**	
113 Thompson St. (bet. Spring & Prince St.) 212-925-8923		$30
Soho	**Sonen Soho***	
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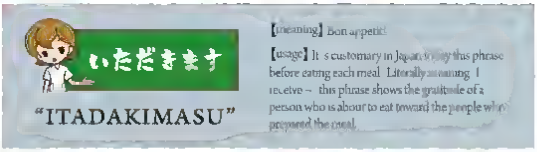

"ITADAKIMASU"

[meaning] Bon appetit!

[usage] It's customary in Japan to say this phrase before eating each meal. Literally meaning 'I receive' – this phrase shows the gratitude of a person who is about to eat toward the people who prepared the meal.

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718-923-1900
$15 L

Brooklyn — Bozu
236 Grand St. (bet. Havemeyer & Roebling St.)
718-384-7770
$30

Brooklyn — Fushimi
9316 4th Ave. (bet. 93rd & 94th St.)
718-833-7788
$38 L

Brooklyn — Genki*
331 Flatbush Ave. (bet. Park & Prospect Pl.)
718-638-8988
$25 M

Brooklyn — Hibino
333 Henry St. (at Pacific St.)
718-200-5052
$35 L

Brooklyn — Iron Chef House
92 Clark St. (bet. Monroe Pl. & Henry St.)
718-802-0517
$15 L

Brooklyn — IZAKAYA na SMITH*
176 Smith St. (bet. Wyckoff & Warren St.)
718-855-2277
$20 L

Brooklyn — Ki Sushi
122 Smith St. (bet. Dean & Pacific St.)
718-935-0575
$30 L

Brooklyn — Mizu
192 Bedford Ave. (bet. 6th St. & 7th St.)
718-782-8088
$20 L

Brooklyn — Noruto Ramen
276 6th Ave. (bet. 1st & Garfield St.)
718-832-1111
$12 L

Brooklyn — Osaka
272 Court St. (bet. Degraw & Kane St.)
718-643-0044
$30 L

Brooklyn — Oshima Restaurant
71 7th Ave. (bet. Berkeley & Lincoln Pl.)
718-783-1808
$25 L

Brooklyn — OZU*
79 Clark St. (bet. Hicks & Henry St.)
718-797-3299
$20 L

Brooklyn — qoo Robata*
367 Metropolitan Ave. (at Havemeyer St.)
718-388-9493
$25

Brooklyn — Raman Yabisu*
126 N. 6th St. (at Berry St.)
718-782-1444
$15 L

Brooklyn — Sakura 6
837 Manhattan Ave. (bet. Calyer & Noble St.)
718-349-7888
$10 L

Brooklyn — Sapporo Hara Japanese
622 Manhattan Ave. (Driggs & Nassau Ave.)
718-389-3721
$16 L

Brooklyn — Shomisen*
384 5th Ave. (bet. 11th St. & 7th St.)
718-788-2788
$30 L

Brooklyn — Teazaa
7116 18th Ave. (at 71st St.)
718-621-3238
$30 L

Brooklyn — Zenkichi*
77 N. 6th St. (bet. Berry St. & Wythe Ave.)
718-388-8585
$60 M

Brooklyn — ZuZu Ramen
173 4th Ave. (at Degraw St.)
718-398-9898
$20 M

Queens

Queens — Aji Japonese Cuisine
36-08 Ditmars Blvd. Astoria, NY 11105
718-777-8885
$0 L

Queens — Ajisea Ramen
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38-10 138th St. 1st Fl. Flushing, NY 11354
718-305-8119
$16 L

Queens — ARIYOSHI*
41-13 Queens Blvd. Sunnyside, NY 11104
718-937-3288
$18 L

Queens — Bistro 33
13-33 Ditmars Blvd. Astoria, NY 11105
718-721-1933
$20 L

Queens — gowasabi*
34-02 30th Ave. Astoria, NY 11103
718-204-7354
$23 L

Queens — Hakata
37-02 Prince St. Flushing, NY 11354
718-321-0290
$13 L

Queens — Hinomora Ramen
33-16 Ditmars Blvd. Astoria, NY 11105
347 702 2543
$15 L

Queens — KATSUNO*
103-01 Metropolitan Ave. Forest Hills, NY
718-575-4033
$35 M

Queens — Kyoto Sushi
153-11 Union Tpk. Flushing, NY 11354
718-380-7777
$25 L

Queens — LINN Wafu Dining*
29-19 Broadway Astoria, NY 11106
718-204-0060
$30 L

Queens — Matsu Sushi*
Matsu Sushi is a sushi restaurant located in Astoria. There are many items to choose from including sushi, bento, yaki udon, soba and sake. Receive one free sake for orders $15 and up.
34-11 30th Ave. Astoria, NY 11103
718-726-7028 www.matsusushiastoria.com
$15 L

Queens — Narita
107-03 70th Rd. Forest Hills, NY 11375
718-263-2399
$20 L

Queens — Oishi Sushi
37-04 Ditmars Blvd. Astoria, NY 11105
718-626-0566
$20 L

Queens — Raman Okidoki*
34-05 30th Ave. Astoria, NY 11103
718-806-1677
$15 L

Queens — Samurai Boy*
85-32 Grand Ave. Elmhurst, NY 11373
718-457-2222
$9 L

Queens — Shiro of Japan Atlas Pk
80-40 Cooper Ave. Glendale, NY 11385
718-326-8704
$20 L

Queens — Suki Thai Shabu*
60-15 Woodside Ave. Queens, NY 11377
718-205-1375
$20 M L

Queens — SUSHI ISLAND*
87-18 Queens Blvd. Elmhurst, NY 11373
718-803-3033
$20 L

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718-729-8263				
Queens	Tendo Sushi*			
66-26 Fresh Pond Rd Ridgewood NY 11385		$12		L
718-381-0909				
Queens	Udon West			
13780 Northern Blvd Flushing, NY 11354		$10	L	
718-359-2324				
Queens	Wetawa Sushi*			
33-10 Ditmars Blvd Astoria NY 11105		$28		L
718-545-9596				

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Long Island	Benihana			
2105 Northern Blvd. Manhasset NY 11030		$30		L
516-627-3400				
Long Island	Benihana			
920 Merchants Concourse Westbury NY		$30		L
516-222-0811				
Long Island	Inatome Japanese Steak House*			
6 5th St Valley Stream NY 11581		$28		
516-872-0419				
Long Island	Isano			
214 Jericho Tpk Floral Park, NY 11001		$25	Su	
516-437-4562				L
Long Island	Kobee Restaurant*			
2016 Merrick Rd Merrick, NY 11566		$30		L
516-223-3200				
Long Island	Koiso			
540 Westbury Ave Carle Place NY 11514		$26		L
516-333-3434				
Long Island	KureBara*			
473 New York Ave Huntington NY 11743		$30	M	
631-673-0080				L
Long Island	Kurofune*			
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631-499-1075				L
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90 Main St. Port Washington NY 11050		$30		L
516-883-7253				
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516-537-4770				
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700 N. Country Rd Setauket, NY 11733		$25		L
631-689-3111				
Long Island	TAIKO Restaurant			
15 S. Village Ave Rockville Ctr. NY 11570		$20	M	
516-678-6149				L
Long Island	Toko Sushi*			
821 Carman Ave Westbury NY 11590		$20	M	
516-876-0033				L
Long Island	Torigo *			
196 Jericho Tpk Floral Park NY 11001		$20		L
516-352-1116				
Long Island	Yuki's Palette Too*			
161 Merrick Ave Merrick NY 11566		$25	M	
516-867-6738				L

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The Bronx	OHANA			
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718-885-0700				

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Westchester	Asian Temptation*			
23 Memeronick Ave. White Plains NY 10601		$28		L
914-328-5151				
Westchester	Gyu-Keku*			
169 Main St White Plains NY 10601		$40	L	
914-358-5209				
Westchester	Heike			
145 Memeronick Ave White Plains 10601		$25		L
914-644-6667				
Westchester	Hojime*			
257 Halstead Ave Harrison NY 10528		$35	M	
914-777 1543				L
Westchester	Ichira*			
80 Memeronick Ave White Plains NY 10601		$25		L
914-437-0588				
Westchester	Karuta			
77 Quaker Ridge Rd New Rochelle, NY 10804		$15		L
914-636-0868				
Westchester	Momiji*			
251 Halstead Ave. Harrison NY 10528		$25	Tu	
914-835-1078				L
Westchester	Neease			
522 Mamaroneck Ave White Plains, NY 10605		$50	W	
914-285-5351				
Westchester	Nishi			
473 Ashford Ave Ardsley NY 10502		$25	Tu	
914-693-2600				L
Westchester	Node*			
200 Hamilton Ave White Plains NY 10601		$25		L
914-948-0990				
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914-946-9065				
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914-674-8015				
Westchester	Taato			
830 White Plains Rd Scarsdale NY 10583		$10	Su	L
914-725-9100				
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914-761-0057				

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ごちそうさま
"GOCHISOU-SAMA DESHITA"
[meaning] Thank you, I ate enough.
[usage] This is the phrase Japanese say after every meal expressing appreciation for the food you've just had. "Gochisou" literally means a feast. So, gochisou-sama deshita implies "I had a great meal"

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11 Chambers St Princeton NJ 08542 — 609-252-1158 — $20

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11 N. Dean St Englewood, NJ 07631 — 201-541-8088 — $18

Aoyama
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Asahi Japanese*
1475 Bergen Blvd Fort Lee NJ 07024 — 201-944-5113 — $17

Daimatsu*
160 Mountain Ave Mountainside, NJ 07092 — 908-233-7883 — $25

East Japanese
1405 Teaneck Rd Teaneck, NJ 07666 — 201-837-1260 — $20

Higo Batten Ramen*
2024 Center Ave. #J & K Fort Lee NJ 07024 — 201-461-5465 — $15

Honsha Lounge*
31 Montgomery St. 2 Fl Jersey City, NJ 07302 — 201-324-2288

Ichi Umi Restaurant
352 Menlo Park Dr Edison NJ 08837 — 732-906-2370 — $30

ICHIBAN
776 Bloomfield Ave. W. Caldwell, NJ 07006 — 973-808-7178 — $22

Josho Restaurant*
120 Cedar Grove Ln Somerset, NJ 08873 — 732-469-6868 — $25

Kaneme*
783 Palisade Ave Cliffside Park, NJ 07010 — 201-886-0080 — $25

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Mese Sashi & Grill*
61 W Allendale Ave Allendale NJ 07401 — 201-934-6818 — $30

Monster Sushi*
385 Springfield Ave Summit NJ 07901 — 908-598-1100 — $25

Princeton Tomo Sushi
236 Nassau St Princeton NJ 08542 — 609-924-8478 — $15

Raku Izakaya
209 Main St., Fort Lee NJ 07024 — 201-585-0707 — $25

Sakura-bana*
43 Franklin Ave Ridgewood NJ 07450 — 201-447-9525 — $25

Sontohko (Mitsuwa)
595 River Rd Edgewater NJ 07020 — 201-941-1004 — $10

Sanuki Sando (Mitsuwa)
595 River Rd Edgewater NJ 07020 — 201-941-8113 — $18

Sugi
2117 Rt 4 E Fort Lee NJ 07024 — 201-461-3100 — $22

Sushi Tango*
516 Jersey Ave Jersey City NJ 07302 — 201-332-8300 — $13

TATSUMI*
1034 River Rd Edgewater NJ 07020 — 201-963-0202 — $25

Teak On The Hudson
18 Hudson St Hoboken NJ 07030 — 201-653-8858 — $30

Tendo Sushi*
10 Schuyler Ave Kearny NJ 07032 — 201-991-5588 — $12

Toya Restaurant*
498 Anderson Ave Cliffside Park, NJ 07010 — 201-317-5532 — $20

Umeya
156 Piermont Rd. Cresskill NJ 07626 — 201-816-0511 — $25

Yakitori 39
252-254 Degraw Ave Teaneck, NJ 07666 — 201-692-0700 — $35

Yamagata Restaurant*
1635 Palisades Ave Fort Lee NJ 07024 — 201-585-0489 — $25

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Abis
381 Greenwich Ave. Greenwich CT 06830 — 203-862-8100 — $30

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94 N. Main St. Norwalk CT 06854 — 203-866-7432 — $25

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1073 7th Ave (bet. 58th & 41st St.) — 212-764-6745 — Bakery

Minamoto Kitchoan — Midtown West
509 5th Ave (bet. 42th & 43th St.) — 212-490-3747 — Confectionery

BentOn Cafe — Midtown East
150 E 45th St. (bet. 3rd & Lexington Ave.) — 212-922-8788 — Bakery

HON HAMACHI® 本はまち

Superior Taste Yellowtail

GOLD MEDAL — 金賞 — American Masters of Taste

Have you ever been asked by your customer "Are you using Hon Hamachi in this restaurant?"

As distributors, we are dedicated to providing the highest quality seafood products. Health and taste are our top priorities."

Safety first!

Hon Hamachi yellowtail are conscious of maintaining a clean, pristine and unpolluted environment and regularly monitor and sustain environmental standards. Also **CO gas smoke or pepper is never used** for color retention. You can be confident in your choice.

Why it's so tasty?

Hon Hamachi is specifically raised to cultivate the tastiest and healthiest type of yellowtail. The combination of larger and lower density cages and wholesome feed and more than 50 years of experience, technical skill allows for these fish to grow in a more desirable manner. The larger cages allow for more exercise which promotes an even distribution of fat throughout the body which essentially yields tastier fish.

Other traders may approach restaurants saying...

"The label is different, but it's the same as Hon Hamachi."
"It's made by the same method of growing."
"It comes from the same place."
"It has the same quality."
A lot of traders identify their yellowtail as Hon Hamachi, however, it is totally different!
Hon Hamachi is our own brand.

COSMOS GRACE, INC. TEL: 626-292-1701

Midtown East — Cafe Zaiya Midtown E. — Bakery
18 E 41 St (bet. Madison & 5th Ave.)
212-779-0800

Midtown East — Choux Factory — Cream Puffs
505 1st Ave (bet. 48th & 49th St.)
212-223-0730

Chelsea — Flavaboom — Dessert Bar
600 6th Ave (bet. 17th & 18th St.)
212-414-0010

East Village — Cafe Zaiya East Village — Bakery
69 Cooper Sq (bet. 7th St. & St. Marks Pl.)
212-253-3700

East Village — Chikalicious — Dessert Bar
203 E 10th St (bet. 1st & 2nd Ave.)
212-475-0928

East Village — PANYA — Bakery
9 Stuyvesant St (bet. 9th St. & 3rd Ave.)
212-777-1300

Lower Mhn — Yaya Tea Garden — Rice Balls
51 Chrystie St (Hester & Canal St.)
212-226-8803

New Jersey — Minamoto Kitchoan — Confectionery
595 River Rd. Edgewater NJ 07020
201-313-3335

New Jersey — Parisieans — Bakery
250 Main St. Fort Lee NJ 07024
201-592-8478

KARAOKE

Upper East — Iggy's
1452 2nd Ave. (bet. 75th & 76th St.) — $1 /song
212-327-3043

Midtown West — Yuki 55* — $10/h /person
253 W 55th St. (bet. Broadway & 8th Ave.)
212 765-1210

Midtown East — Box Snack Riki — $10/h $30 min
141 E 45th St. 2 Fl (bet 3rd & Lexington Ave.)
212-599-5612

Midtown East — Japas 38 — $8/h /person
9 E 38th St (bet. Madison & 5th Ave.)
212-573-4040

Midtown East — Karaoke Duet 48* — $4/h /person
304 E 48th St. (bet. 1st & 2nd Ave.)
212 753-0030

Koreatown — 5 Bar Karaoke — $30 /room
36 W 32nd St. 5F (bet 5th Ave. & Broadway)
212-564-5544

Koreatown — Chorus Karaoke — $2/song $40/room
25 W 32nd St. 3Fl (bet. 5th Ave. & Broadway)
212-967-2244

Koreatown — Gagopa Karaoke — $30- /room
28 W. 32nd St. (bet. 5th Ave. & Broadway)
212 967-6653

Koreatown — Grammy Karaoke — $40 /room
23 W 32nd St. (bet. 5th Ave. & Broadway)
212-629-7171

Koreatown — Karaoke Daut 35* — $4/h /person
53 W 35th St 2 Fl (bet. 5th & 6th Ave.)
646-473-0628

Koreatown — MK — $40/h /room
11 W 32nd St 5 Fl (bet. 5th Ave. & B way)
212-564-3436

Koreatown — Radio Star Karaoke — $40 /room
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29 W 17th St. (bet. 5th & 6th Ave.) — $2/song
212-675-3527 www.karaoke17.com

Gramercy — Japas 27*

Sing your heart away at Japas 27!! They offer karaoke rooms at no charge ($10 minimum per person, Sunday through Thursday only.) Their kitchen is open until 5am everyday with a selection of over 50 food items. Unlimited Drink Plan is only $19.99 per person for 2 hours, with food it's only $24.99 per person for 2 hours. Private rooms are also available. Please inquire within.

38B 3rd Ave. (bet. 26th & 27th St.) — $10/ person
212-889-2329 www.karaoke27.com

Gramarcy — Magic Story — $40 /room
34 32nd St 5 Fl (Park Ave S & Madison Ave.)
212 594-4744

West Village — Apple Restaurant — $10/cover /room
17 Waverly Pl (bet. Greene & Mercer St.)
212-473-1809

West Village — Karaoke Cave — $35- /room
5 E. 13th St. (bet. University PL & 5th Ave.)
646-250-5670

West Village — NEMO — $8/h /person
54 E. 13th St. (bet. B way & University PL)
212-477-1177

East Village — Planet Rose — $2/song
213 Ave A (bet. 13th & 14th St.)
212-353-8500

East Village — Sing Sing (Ave A)*

Among the newest and trendiest restaurants on Avenue A. Sing Sing offers a bar lounge and 15 private rooms for karaoke. It is a perfect place for a get together with friends after dinner. Large party rooms are available for up to 30 people. OPEN 7 DAYS

81 Ave A (bet. 4th & 5th St.) — $3-8/h per person
212-674-0700 www.karaokesingsing.com

East Village — Sing Sing (St. Marks)*

Conveniently located on St. Marks Street, in the heart of the East Village. Sing Singles a Karaoke lounge with 16 Private Rooms. This brand new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS 1:00PM-4:00AM. Party@karaokesingsing.com

9 St. Marks Pl. 2Fl (bet. 2nd & 3rd Ave.) — $3-8/h per person
212-387-7600 www.karaokesingsing.com

East Village — Second on Second — $30/h /room
27 2nd Ave (bet. 1st & 2nd St.)
212-473-2922

East Village — U2 Karaoke Lounge — $6/h
9 St. Marks Pl (bet. 2nd & 3rd Ave.)
212 228-6250

Lower Mhn — Asia Roma — No charge
40 Mulberry St (bet. Worth & Bayard St.)
212 385-1133

Lower Mhn — Bmy Karaoke Bar — $30/h /box
8 Thompson St. 2 Fl (bet. 8th Ave. & Canal St.)
212-334-5490

Lower Mhn — Mott Karaoke Lounge — $30 /room
43 Mott St. (bet. Worth & Bayard St.)
212-693-0004

Brooklyn — 100 Fua — $40/h /room
332 40th St (5th Ave. & Fort Hamilton Pkwy.)
718-436-8883

Queens — Karaoke Shout*

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718-569-0070 www.karaokeshout.com

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212-877-3333

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2957 Broadway (at 116th St) | $15
212-932-3300

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43 W. 65th St (Central Park W & Columbus) | $35
212 595-8495

Cafe Evergreen
1397 1st Ave (bet. 73rd & 74 th St) | $30
212-744-3295

Lin's Noodle & Grill
1500 3rd Ave (bet. 84th & 85th St) | $25
212-639-1313

Our Place
242 E. 79th St. (bet. 2nd & 3rd Ave) | $25
212-288-4888

Philippa
33 E. 60th St. (bet. Park & Madison Ave) | $45
212-644-9985

Shanghai Pavilion
1378 3rd Ave (bet. 78th & 79th St) | $37
212 585-3388

Szechuan Gourmet
1395 2nd Ave. (at 73rd. St) | $35
212 737 1808

China Grill
60 W. 53rd St. (bet. 5th & 6th Ave) | $66
212-333-7788

Ruby Foo's Times Sq
1626 Broadway (bet. 49th & 50th St.) | $30
212-489-5600

Tang Pavilion
65 W. 56th St (bet. 5th & 6th Ave) | $25
212-956-4388

Wu Liang Ye
36 W. 46th St. (bet. 5th & 6th Ave.) | $35
212 354-2308

Chin Chin
216 E. 49th St. (bet. 2nd & 3rd Ave) | $30
212-888-4555

Dynasty Sung
511 Lexington Ave 2 Fl (at 49th St) | $35
212-355-1200

Evergreen on 38
10 E. 38th St (bet. Madison & 5th Ave) | $25
212-448-1198

Grand Sichuan
1048 2nd Ave (bet. 55th & 56th St) | $20
212-350-5855

Lychee House
141 E. 56th St (bet. 3rd & Lexington Ave) | $20
212-753-3900

MR K's*
570 Lexington Ave (at 51st St) | $50
212 583-1668

Phoenix Garden
242 E. 40th St (bet. 2nd & 3rd Ave) | $20
212 983-6666

Shih Lee
311 E. 45th St (bet. 1st & 2nd Ave) | $10
212-867-0316

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Shun Lee Palace
155 E. 55th St (bet. 3rd & Lexington Ave.) | $35
212-371-8844

Grand Sichuan
229 9th Ave (at 24th St) | $20
212-620-5200

Grand Sichuan
227 Lexington Ave (bet. 33rd & 34th St.) | $25
212-673-9770

Thai Cottage*
33 Irving Place (at 16th St.) | $12
212-505-6800

Shanghai Square
11 E. 13th St (bet. University Pl & 5th Ave) | $20
646-486-7313

BaoHaus
238 E. 14th St (bet. 2nd & 3rd Ave) | $14
646-559-8885

Dumpling Man*
100 St. Marks Pl. (bet. 1st Ave & Ave A) | $11
212-505-2121

ABC Chinese Restaurant
34 Pell St (bet. Bowery & Mott St.) | $25
212-346-3390

Amazing 66
66 Mott St. (bet. Bayard & Canal St.) | $25
212-334-0095

Au Mandarin
200-250 Vesey St (at West St.) | $30
212-385-0313

Congee Village
100 Allen St (bet. Broome & Delancy St.) | $16
212-941-1818

Dim Sum Go Go
5 E. Broadway (bet. Catherine St. & Bowery) | $15
212 732-0797

Golden Unicorn*
18 E. Broadway (bet. Market & Catherine St.) | $20
212-941-0911

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Lower Mhn **Lin's Dumpling Honse** $10
28 Bowery (at Bayard St.)
212 349-0623

Lower Mhn **Mandarin Court** $15
61 Mott St. (bet. Bayard & Canal St.)
212-608-3838

Lower Mhn **New Bo-Ky** $10
80 Bayard St. (bet. Mott & Mulberry St.)
212-406-2292

Lower Mhn **Nice Green Bo** $15
66 Bayard St. (bet. Elizabeth & Mott St.)
212-625-2356

Lower Mhn **Oriental Garden** $35
14 Elizabeth St. (bet. Bayard & Canal St.)
212-619-0085

Lower Mhn **Ping on Mott** $26
22 Mott St. (bet. Chatham Sq. & Pell St.)
212-602-[illegible]

Lower Mhn **Shanghai Cuisine*** $25 Tu
85 Bayard St. (at Mulberry St.)
212-732-8588

Queens **Himalayan Yak Restaurant*** $15
72-20 Roosevelt Ave. Jackson Heights, NY 11372
718-779-1115

KOREAN

Midtown Ave **Baee** $30
350 W. 50th St. (bet. 8th & 9th Ave.)
212-582-4446

Midtown West **Chom Chom** $40
40 W. 56th St. (bet. 5th & 6th Ave.)
212-213-2296

Midtown West **Danji** $44 Su
346 W. 52nd St. (bet. 8th & 9th Ave.)
212-586-2980

Midtown East **Koren Palace** $30 Su
127 E. 54th St. (bet. Park & Lexington Ave.)
212-832 2350

Koreatown **Cho Dang Gol** $38
55 W. 35th St. (bet. 5th & 6th Ave.)
212-695-8222

Koreatown **Don's Bogam*** $40
17 E. 32nd St. (bet. Madison & 5th Ave.)
212-213-2200

Koreatown **HAN BAT*** $15
53 W. 35th St. (bet. 5th & 6th Ave.)
212-629-5566

Koreatown **HANGAWI*** $40
12 E. 32nd St. (bet. 5th & Madison Ave.)
212-213-0077

Koreatown **Hyo Dong Gak*** $20
51 W. 35th St. (bet. 5th & 6th Ave.)
212-695-7167

Koreatown **Kang Suh** $30
1250 Broadway (at 32nd St.)
212-564-0545

Koreatown **KRISTALBELLI** $40
8 W. 36th St. (bet. 5th & 6th Ave.)
212-290-2211

Koreatown **Kum Gang San*** $20
43 W. 32nd St. (at Broadway)
212-967-0909

Koreatown **Madangsui*** $30
35 W. 35th St. (bet. 5th & 6th Ave.)
212-564-8333

Koreatown **Seoni Garden** $20
34 W. 32nd St. (bet. 5th Ave. & Broadway)
212-736-3002

Koreatown **Shilla** $25
37 W. 32nd St. (bet. 5th Ave. & Broadway)
212-957-1600

West Village **Do Hwa** $27
55 Carmine St. (at Bedford St.)
212-414 1224

East Village **Bon Chon** $20
5 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212 228-2987

East Village **Dok Suni's** $20
118 1st Ave. (bet. 7th St. & St. Marks Pl.)
212-477 3506

Lower Mhn **Kori** $20 Su
253 Church St. (bet. Leonard & Franklin St.)
212-334-0901

Brooklyn **Dokebi*** $25
189 Grand St. (bet. Digger & Bedford Ave.)
718-782 1424

Queens **KDREANA*** $25
136-20 38th Ave., Flushing, NY 11354
718-713-0252

Westchester **Kalbi House** $20
291 Central Ave. White Plains, NY 10606
914-328-0251

New Jersey **Dong Chon Hong** $13
144 Main St. Fort Lee, NJ 07024
201-592-0450

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1430 Bergen Blvd. Fort Lee, NJ 07024
201-356-5007

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485 Main Street Fort Lee, NJ 07024
201-242 1333

New Jersey **Gammeeok** $17
110 Broad Ave. Palisades Park, NJ 07650
201-585-6300

New Jersey **Myung Dong Noodle House** $13
2013 Lemoine Ave. Fort Lee, NJ 07024
201-592-8300

THAI

Upper West **Long Gmin** $22
2534 Broadway (at 95th St.)
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Upper East **Ent Thai** $15
1426 3rd Ave. (bet. 80th & 81st St.)
212 772-1494

Upper East **Spice** $20
1411 2nd Ave. (bet. 73rd & 74th St.)
212-988-5348

Upper East **Viang Ping** $22
1383A 2nd Ave. (bet. 72nd & 73rd St.)
212-249-5494

Midtown West **@NINE*** $10
532 9th Ave. (bet. 42nd & 43rd St.)
212 265-4493

Midtown West **Aura Thai** $14
462 9th Ave. (bet. 35th & 36th St.)
212-871-8530

Midtown West **Bangkok House** $18
360 W. 40th St. (bet. 8th & 9th Ave.)
212 541 5043

Midtown West **Bronze** $25
691 9th Ave. (bet. 45th & 46th St.)
212 262 7777

Midtown West **Chat Thai Kitchen** $30
930 9th Ave. (at 55th St.)
212-707-8778

Midtown West **Chanpen Thai** $20
751 9th Ave. (at 51st St.)
212-586-6808

Midtown West **Heng 2 Thai Bistro** $15 Su
752 10th Ave. (bet. 51st & 52nd St.)
212 765-7800

Midtown West **Pam Real Thai 47** $20
402 W. 47th St. (bet. 9th & 10th Ave.)
212-315-4441

Midtown West **Pongsri Thai*** $25
244 W. 44th St. (bet. Broadway & 9th Ave.)
212-582-3382

Midtown West **Q2 Thai** $15
776 9th Ave. (bet. 52nd & 53rd St.)
212-252 2236

Midtown West **Room Service Midtown** $25
680 9th Ave. (bet. 47th & 48th St.)
212-582-0808

Midtown West **Thai Select** $12
472 9th Ave. (bet. 38th & 37th St.)
212-695-3020

Midtown West **viv Bar & Restaurant** $20
717 9th Ave. (at 48th St.)
212-581-5999

Midtown West **Yam Yum 3*** $15
656 9th Ave. (at 45th St.)
212-956-0628

Midtown West **Yum Yum Bangkok*** $15
650 5th Ave. (bet. 45th & 46th St.)
212-262 7244

Midtown West **Yum Yum Tno*** $20
962 9th Ave. (at 40th St.)
212-247-2226

Midtown East **OBAO** $25
222 E. 53rd St. (bet. 2nd & 3rd Ave.)
212-308-5566

Midtown East **Rein Thai Restaurant*** $16
220 53rd St. (bet. 2nd & 3rd Ave.)
212 752 8333

Midtown East **Talent Thai Kitchen** $11
210 E. 34th St. (bet. 2nd & 3rd Ave.)
212 725-5866

Chelsea **Pongsri Chelsea** $20
195 W. 23rd St. (bet. 6th & 7th Ave.)
212 645-1800

Chelsea **Regional Thai*** $15
208 7th Ave. (bet. 21st & 22nd St.)
212-807-0672

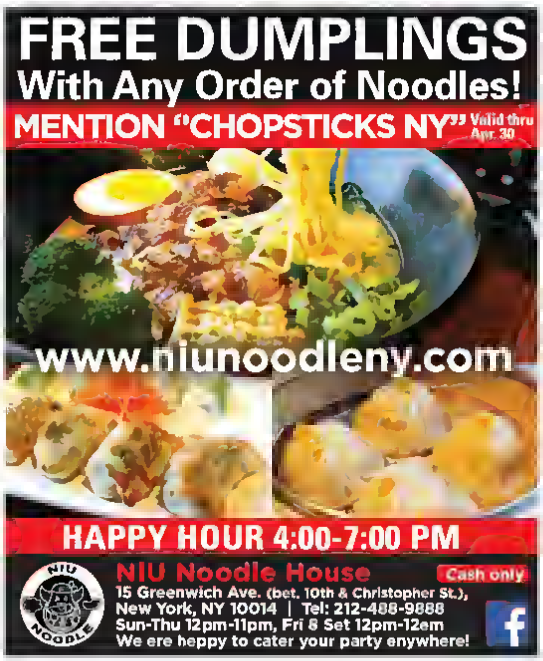
Chelsea **Royal Siam** $25
240 8th Ave. (bet. 22nd & 23rd St.)
212 741 1732

Chelsea **Silom Thai** $25 Su
150 8th Ave. (bet. 17th & 18th St.)
212-575-0060

Clerkson **Spice** $20
199 8th Ave. (at 20th St.)
212-989-1116

Gramercy **Bangkok 2 Thai*** $14
343 1st Ave. (bet. 20th & 21st St.)
212-473-4480

Gramercy **Jaiya Thai** $25
396 3rd Ave. (bet. 28th & 29th St.)
212-683-1330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212-243-3330

West Village **Tee Thai Food***
3 Greenwich Ave. (6th Ave. & Christopher St.) | $20 L
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347 E. 14th St. (bet. 1st & 2nd Ave.) | $11 L
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East Village **Spice**
39 E. 13th St. (bet. Broadway & Union sq.) | $20 L
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East Village **Tai Thai**
71 E. 1st St. (bet. 1st Ave. & Ave. A) | $12 L
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Lower Mhn **Kome Ice**
113 Ludlow St. 2 fl (Delancey & Rivington St.) | $25
212-353-8488

Lower Mhn **Pongsri Chinatown**
106 Bayard St. (at Baxter St.) | $20 L
212-349-3132

Lower Mhn **Sticky Rice**
65 Orchard St. (bet. Grand & Broome St.) | $15 L
212-274-8208

Soho **Kitchen**
60 Thompson St. (bet. Broome & Spring St.) | $38 L
212-219-2000

Brooklyn **Chai Thai Kitchen***
124 N. 6th St. (at Berry St.) | $16 L
718-599-5689

Brooklyn **Pagoda Thailand**
333 Graham Ave. (Devoe & Metropolitan Ave.) | $30 L
718-388-8445

Brooklyn **SEA**
114 N. 6th St. (at Berry St.) | $20 L
718-384-1150

Brooklyn **Tai Thai**
206 Bedford Ave. (bet. N. 6th & N. 5th St.) | $30
718-599-5556

Long Island **Pheo Restaurant**
25 Main St. Sag Harbor, NY 11963 | $35
631 725-0101

New Jersey **Absolute Thai Homemade***
644 Anderson Ave. Cliffs de Park NJ 07010 | $13 L
201-941 2290

VIETNAMESE

Upper East **Asia Grill**
1017 2nd Ave. (at 54th St.) | $20 L
212-753-5818

Upper East **Vermicelli**
1492 2nd Ave. (bet. 77th & 78th St.) | $20 L
212-288-8968

Midtown East **Le Colonial**
149 E. 57th St. (bet. 3rd & Lexington Ave.) | $35 L
212-752-0808

Koreatown **PHO32 & SHABU***
2 W. 32nd St. (bet. 5th Ave. & Broadway) | $20 L
212-695-0888

Gramercy **NiU Noodle House***
15 Greenwich Avenue (bet. 10th & Christopher St.) | $20 L
212-414-8868

West Village **Saigon Market**
53 University Pl. (bet. 11th & 12th St.) | $25 L
212-982-3681

Lower Mhn **Nha Trang**
87 Baxter St. (bet. Bayard & Canal St.) | $15 L
212-233-5348

Lower Mhn **Peris Restaurant***
113 Mott St. (bet. Henry & Canal St.) | $5
212-226-7221

Lower Mhn **Peris Restaurant***
213 Grand St. (bet. Elizabeth & Mott St.) | $5 L
212-226-3620

Lower Mhn **Pho To Go**
102 Bowery St. (bet. Hester & Grand St.) | $12 L
212-966-2998

Nolita **Viet Cafe**
345 Broadway 6th St. (bet. Jay & Hanover St.) | $25 Su L
212-431-6888

Brooklyn **Nicky's Viet**
311 Atlantic Ave. (bet. Hoyt & Smith St.) | $9 L
718-855-9930

OTHER

Upper West **Asia Kan**
710 Amsterdam Ave. (bet. 94th & 95th St.) | $25 L
212 280-9978

Upper West **Asiate**
80 Columbus Circle 35 FL (at 60th St.) | $135 L
212-805-8800

Upper East **88 Fusion**
1598 2nd Ave. (at 85th St.) | $20 L
212-288-4630

Upper East **Amber***
1408 3rd Ave. (at 80th St.) | $25 L
212-249-5020

Upper East **Gobo**
1426 3rd Ave. (at 81st St.) | $31 L
212-249-4588

Midtown West **Blue Ribbon Sushi Bar & Grill**
308 W. 58th St. (bet. 8th & 9th Ave.) | $61 L
212 307-0404

Midtown West **Rue 57**
60 W. 57th St. (at 5th Ave.) | $45 L
212 307 5656

Midtown West **VYNL**
754 9th Ave. (bet. 50th & 51st St.) | $25 L
212 974-2003

Midtown East **1066 Eco Restaurant**
1068 1st Ave. (at 58th St.) | $25 L
212-486-8008

Midtown East **Fusha Asian Cuisine**
1065 1st Ave. (at 58th St.) | $35 L
212-752-8383

Midtown East **Jazz at Kitano**
The Kitano Hotel 66 Park Ave. (at 38th St.) | $35 L
212-885-7123

Chelsea **Rice on Lexington Ave**
115 Lexington Ave. (at 28th St.) | $20 L
212-696-5400

Gramercy **Qi Asian Eatery**
31 W. 14th St. (bet. 5th & 6th Ave.) | $18 L
212 929-9917

West Village **Bntnl**
61 Grove St. (bet. Bleecker St. & 7th Ave. S.) | $30
212 352 0460

West Village **Cafe Asean**
117 W. 10th St. (bet. 6th & Greenwich Ave.) | $22 L
212-633-0348

West Village **CBno***
106 W. 14th St. (bet. 6th & 7th Ave.) | $10 L
212 206-9369

West Village **Gobo**
401 6th Ave. (bet. 8th St. & Waverly Pl.) | $20 L
212-255-3242

East Village **Friend House**
109 3rd Ave. (at 13th St.) | $22 L
212 388-1838

East Village **Lucky Cheeg's**
24 1st Ave. (bet. 1st & 2nd St.) | $30
212-473-0516

East Village **Prime & Beyond New York**
90 E. 10th St. (bet. 3rd & 4th Ave.) | $35 L
212-505-0033

East Village **Stend4**
24 E. 12th St. (bet. Univ Pl. & 5th Ave.) | $20 L
212-460-5900

Lower Mhn **Rice***
282 Elizabeth St. (bet. Houston & Bleecker St.) | $15 L
212-226-5775

Brooklyn **Blue Ribbon Brooklyn**
280 5th Ave. (bet. 1st St. & Garfield Pl.) | $55
718-840-0404

Brooklyn **Purple Yam**
1314 Coney Island Road (bet. Argyle & Rugby Rds.) | $30 L
718-940-6188

Long Island **TOKU**
2014C Northern Blvd. Manhasset, NY 11030 | $55 L
516-627-6856

New Jersey **AOZORA Restaurant**
407 Bloomfield Ave. Montclair NJ 07042 | $30 L
973-233-5400

New Jersey **Biegs Burgers***
249 Main St. Fort Lee, NJ 07024 | $10 L
201 592 6454

New Jersey **Mahaaraj Indian Cuisine**
83 Main St. Fort Lee NJ 07024 | $13 L
201 585-8228

New Jersey **the tea bar***
1538 Palisade Ave. #4 Fort Lee, NJ 07024 | $10 L
201 944-3102

Chopsticks NY's Test Kitchen -Vol. 2-

In this new recipe corner, chefs with various backgrounds test out Japanese seasonings/ingredients and create original recipes from fresh perspectives. Each month one chef tries one featured seasoning or ingredient. This month, Executive Chef, Michael Armstrong of Bodega Negra explores "togarashi pepper", Japanese style red chili pepper.

Togarashi Chicken Tacos

By Executive Chef, Michael Armstrong of Bodega Negra

"Togarashi has bigger flakes and more flavors than regular red chili peppers that are more processed and has a finer grain. I picked two kinds of togarashi, "shichimi" and "yuzu shichimi", to play with my Mexican tacos."
—Chef Michael Armstrong

(Ingredients: Serving 4 tacos)

4 each 4-5 inch fresh corn tortillas › 1 each 6 ounce chicken breast, lightly pounded thin › 1 whole egg, scrambled › ½ cup all purpose flour › 1 cup panko bread crumbs › 1 tbsp Shichimi Togarashi › ½ cup green cabbage, shredded › ½ cup jicama, julienne › ½ cup chayote squash, julienne › ¼ cup red onion, julienne › 1 lime, juiced › 4 tbsp guacamole › 4 tsp kabayaki eel sauce › Yuzu Togarashi for garnish › Kosher salt to taste › Canola oil for frying

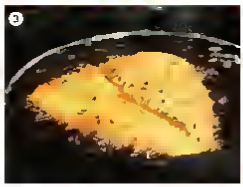
(Directions)

1. Mix Shichimi Togarashi with panko bread crumbs and blend very lightly in a food processor to make a finer crumb.

2. Season chicken breast lightly with salt and dust in flour, dip in eggs, and coat in bread crumb togarashi mix.

3. Heat oil in a shallow cast iron skillet to approximately 350°F, add chicken breast and pan fry on both sides until crispy and fully cooked. remove to a tray lined with paper towels to absorb excess oil.

4. Season chicken breast with salt, and slice thinly in long strips.



5. Meanwhile, in a small mixing bowl combine cabbage, jicama, chayote, red onion, and lime juice, mix together and season with salt.

6. On a lightly oiled griddle or nonstick pan heat tortillas until warm and soft, fill each tortilla evenly starting with the cabbage slaw then add guacamole, two strips of chicken then drizzle with kabayaki sauce and season with yuzu flavored togarashi.

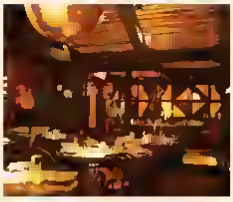
7. Serve immediately!

Togarashi

Japanese people use red chili peppers in various forms in their cuisine, but the most common style for home cooking is a powdered type. "Ichimi togarashi" and "shichimi togarashi" are widely used and have bigger flakes than chili peppers in other countries. Ichimi, meaning one flavor, is made from red chili pepper only and has a strong kick, while shichimi, meaning seven flavors, is a blend of several other spices and herbs with red chili pepper, giving it more complex flavors and aromas. New blends are being introduced in the market, like yuzu shichimi that Chef Armstrong used for the tacos.

Michael Armstrong

Born and raised in Seattle, Michael Armstrong majored in hotel and restaurant management at Washington State University and later at Western Culinary Institute in Portland, Oregon, where he graduated with high honors. With professional training and years of hands-on experience in restaurants in Portland, Armstrong took his talents to New York City, working as both a line cook at Jean Georges' Asian restaurant, Spice Market, and as a sauté cook at Monmato. Armstrong started his career with TAO Group at TAO Asian Bistro at The Venetian and TAO Beach in Las Vegas, where he was promoted to Chef de Cuisine, then Executive Chef. Armstrong recently returned to NYC to helm the kitchen at Dream Downtown, where he oversees all food & beverage operations at the hotel, including Malvina's Juice Box, The Beach Lobby Lounge, and Bodega Negra.



Bodega Negra
355 W. 16th St. at Dream Downtown
New York, NY 10011
www.bodeganegranyc.com

Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

Coupon available at www.chopsticksny.com

★ Chopsticks NY available to pick up

GROCERY

M2M Broadway & 114th — Japanese
2935 Broadway (bet. 114 th & 116th St.)
212-280-4600

Dainobu* — Japanese
38 W 56th St. (bet. 5th & 6th Ave.)
212-707-8525

Daiwaba* — Japanese
129 E. 47th St. (bet. 3rd & Lexington Ave.)
212-754-7390

Katagiri & Co., Inc* — Japanese
224 E. 59th St. (bet. 2nd & 3rd Ave.)
212-755-3566

Sanrise Mart Midtown* — Japanese
12 E. 41st St. (bet. 5th & Madison Ave.)
646-340-9280

TOMIYA* — Japanese
233 E. 53rd St. (bet. 2nd & 3rd Ave.)
212-310-7311

H Mart Han Ah Reum — Korean
25 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-3263

Woorijip — Korean
12 W. 32nd St. (bet. 5th Ave. & Broadway)
212-244-1115

Japan Premium Beef — Other
57 Great Jones St. (bet. Bowery & Lafayette)
212-990-2333

M2M E. Village* — Japanese
55 3rd Ave. (bet. 10th & 11th St.)
212-353-2888

Sanrise Mart Astor Pl.* — Japanese
4 Stuyvesant St. 2 Fl. (bet. 9th St. & 3rd Ave.)
212-598-3040

Tokyo Mart* — Japanese
91 Mulberry St. (bet. Bayard & Canal St.)
212-962-6622

Pearl River Mart* — Chinese
477 Broadway 2 Fl. (bet. Grand & Broome St.)
212-431-0002

Sunrise Mart SoHo* — Japanese
494 Broome St. (Wooster St. & W. Broadway)
212-219-0033

Midoriya* — Japanese
167 N9th St. Brooklyn, NY 11211
718-599-4690

Family Market* — Japanese
23-15 Broadway Astoria, NY 11106
718-956-7525

H & Y Marketplace — Korean
150-51 Northern Blvd. Flushing, NY 11354
718-461-1311

H Mart Northern 156 — Korean
156-40 Northern Blvd. Flushing, NY 11354
718-888-0005

H Mart Northern Blvd — Korean
141-40 Northern Blvd. Flushing, NY 11354
718-358-0700

H Mart Union — Korean
29-02 Union St. Flushing, NY 11354
718-445-5858

H Mart Williston Park* — Korean
400 Hillside Ave. Williston Park, NY 11596
516-639-0270

H Mart Woodside — Korean
59-18 Woodside Ave. Flushing, NY 11377
718-446-0758

Sakura-ya — Japanese
73-05 Austin St. Forest Hills, NY 11375
718-275-7220

Tokyo foods* — Japanese
45-06 44th St. Sunnyside, NY 11104
718-392-2233

H & Y Marketplace — Korean
475 Pleasant Hill Rd. Hicksville, NY 11801
516-935-4041

H Mart Great Neck* — Korean
495 Great Neck Rd. Great Neck, NY 11021
516-482-3113

Nara Japanese Foods* — Japanese
169A Main St. Port Washington, NY 11050
516-883-1536

Shin Nippan Do* — Japanese
83 Mamaroneck Ave. Portchester, NY 11577
516-625-1414

DAIDO — Japanese
522 Mamaroneck Ave. White Plains, NY 10605
914-683-6735

Fuji Mart Scarsdale* — Japanese
616 White Plains Rd. Scarsdale, NY 10583
914-472-1450

H Mart Hartsdale* — Korean
371 North Central Ave. Hartsdale, NY 10530
914-448-3888

Kam Sen Foods* — Korean
22 Barker Ave. White Plains, NY 10601
914-428-4500

NIJIYA Market* — Japanese
19 N. Central Ave. Hartsdale, NY 10530
914-949-2178

Dishinba* — Japanese
293 Halstead Ave. Harrison, NY 10528
914-835-4390

Asian Market* — Chinese
91 Colvin Ave. Albany, NY 12203
518-458-8186

Feeling fine* — Japanese
3716 Park Ave. Wheehawken, NJ 07086
201-713-5599

H & Y Marketplace — Korean
1 Ramsey Pl. Ridgefield, NJ 07657
201-943-7400

H & Y Marketplace — Korean
433 S. Washington Ave. Bergenfield, NJ 07621
201-384-8288

H Mart Cherry Hill — Korean
1720 Marlton Pike E. Cherry Hill, NJ 08003
856-489-4811

H Mart Englewood — Korean
25 Lafayette Ave. Englewood, NJ 07631
201-871-1122

H Mart Little Ferry — Korean
260 Burgen Tpke. Little Ferry, NJ 07643
201-814-0400

H Mart Ridgefield — Korean
321 Broad Ave. Ridgefield, NJ 07657
201-943-9600

J MART — Japanese
44 Chestnut St. Ridgewood, NJ 07450
201-857-5728

Mitsuwa Marketplace* — Japanese
595 River Rd. Edgewater, NJ 07020
201-941-9113

Ridgewood Fisheries — Japanese
30 Prospect St. Ridgewood, NJ 07450
201-670-0892

Fuji Mart Connecticut* — Japanese
1212 Putnam Ave. Old Greenwich, CT 06870
203-698-2107

Million Asian Market — Other
15 Orange St. New Haven, CT 06510
203-782-1234

Maido* — Japanese
367 N. Narberth Ave. Narberth, PA 19072
610-747-0567

Tokyo Japanese Store — Japanese
5955 Ellsworth Ave. Pittsburgh, PA 15232
412-661-3777

SAKE

Gotham Wines & Liquors* — Sake/Shochu
2517 Broadway (bet. 93rd & 94th St.)
212-932-0990

Nancy Wine's — Sake/Shochu
313 Columbus Ave. (bet. 74th & 75th St.)
212-877-8040

Garnet Wine & Liquors* — Sake/Shochu
924 Lexington Ave. (at 68th St.)
212-772-8211

Mister Wright* — Sake/Shochu
1593 3rd Ave. (bet. 89th & 90th St.)
212-722-4564

Ambassador Wine & Spirits* — Sake/Shochu
1020 2nd Ave. (at 54th St.)
212-421-5078

Landmark Wine* — Sake/Shochu
147 W. 23rd St. (bet. 6th & 7th Ave.)
212-242-2323

MJK liquor — Sake/Shochu
161 3rd Ave. (bet. 15th & 16th St.)
212-475-8188

Union Square Wine & Spirits* — Sake/Shochu
140 4th Ave. (at 13th St.)
212-675-8100

LE DU WINES — Sake
600 Washington St. (at Leroy St.)
212-924-4555

Astor Wines & Spirits — Sake/Shochu
399 Lafayette St. (at 4th St.)
212-674-7500

SAKAYA* — Sake/Shochu
324 E. 9th St. (bet. 1st & 2nd Ave.)
212-505-7253

Warehouse Wines — Sake/Shochu
735 Broadway (bet. Waverly St. & Astor Pl.)
212-982-7770

East Village Wine — Sake
183 Stanton St. (bet. Attorney & Clinton St.)
212-358-7700

New York Wine Exchange — Sake/Shochu
5 Broadway (bet. Battery Pl. & Morris St.)
212-422-2222

Grapevine Wine* — Sake/Shochu
151 Grand St. (bet. Crosby & Lafayette St.)
212-925-1238

Smith and Vine — Sake
278 Smith St. (bet. Sackett & Degraw St.)
718-243-2854

Allendale Wine & Liquors — Sake/Shochu
101 W. Allendale Ave. Allendale, NJ 07401
201-327-7865

Delite Saper Market — Sake/Shochu
420 Washington St. Hoboken, NJ 07030
201-420-7900

JAPANESE WHOLESALER

Central Boeki U.S.A., Ltd. — Food
56-30 40th St. Maspeth, NY 11378
718-729-4368

Dairei Trading Co., Inc.* — Food/Sake
14-50 128th St. College Point, NY 11356
718-539-8100

Paleewong Trading — Sake
62-04 34th Ave. Woodside, NY 11377
718-507-2520

JFC International Inc.* — Food/Sake
55 W. Ident Way Linden, NJ 07036
908-525-4400

Nishimoto Trading Co., Ltd.* — Food/Sake
602 Washington Ave. Carlstadt, NJ 07072
201-804-1600

NY Mutual Trading Co., Ltd.* — Food/Sake
25 Knickerbocker Rd. Moonachie, NJ 07074
201-933-8555

Wine of Japan Import, Inc. — Sake
235 West Parkway Pompton Plains, NJ 07444
973-835-4505

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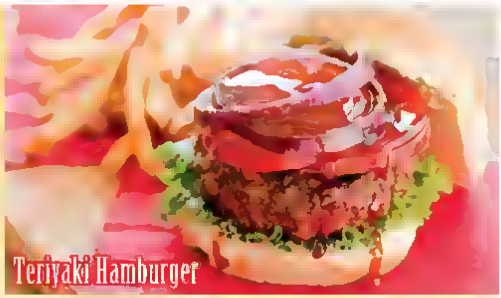
Wasabi Sauce

Turn up the heat on vegetables & sandwiches with spicy, creamy flavored dips & salad dressing. Put more zing in steaks, burgers, chicken.



Teriyaki Hamburger

[INGREDIENTS] (Serves 4)
☐ 1 lb ground beef ☐ 1/2 cup Kikkoman Teriyaki Baste & Glaze with Honey & Pineapple
☐ 4 greenleaf lettuce leaves ☐ 1 tomato, sliced ☐ 1 red onion, sliced
☐ 4 hamburger buns ☐ 2 tbsp Kikkomen Wasabi Sauce ☐ 4 tbsp mayonnaise

[DIRECTIONS]
1. Preheat a grill pan to hot and lightly oil the pan.
2. In a mid um s ze bowl, gently mix ground beef with 2 tablespoons of Kikkoman Teriyaki Baste & Glaze with Honey & Pineapple. Shape into 4 patties.
3. Grill patties until browned on each side to your desired doneness. (3 minutes each side for medium doneness.) Baste grilled patties with remaining Kikkoman Teriyaki Baste & Glaze with Honey & Pineapple with a pastry brush.
4. Make wasabi mayo sauce. In a small bowl, mix Kikkoman Wasabi Sauce and mayonnaise.
5. Spread wasabi mayo on buns. Serve burger with greenleaf lettuce and tomato and onion slices.

- Add more Kikkoman Teriyaki Baste & Glaze with Honey & Pineapple for more flavor.
- Add more or less Kikkoman Wasabi Sauce for your desired spiciness.

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What on Earth?

花見

HANAMI

Literally translated as "flower viewing," today's hanami actually refers to cherry blossom-viewing picnics and parties that take place during cherry blossom season. In Japan during the Nara Period (710–793), members of the nobility enjoyed eating food, drinking sake, and watching performances while flowers were in bloom, but the flower was not usually a cherry blossom but rather a plum flower. During the Heian Period (794–late twelfth century), the popularity of cherry blossoms exceeded that of plum flowers, and even the term "flower" came to refer to cherry blossoms. Then in the Muromachi Period (1332–1573), the hanami custom spread to the samurai class.

Although hanami was originally entertainment for high-class people, it became popular among commoners in the eighteenth century. You can get a good sense of how they enjoyed hanami in those days by listening to rakugo (Japanese traditional comic storytelling). Several famous stories that borrow settings from hanami are Hanami Zake, Hyakunen-me, and Atamayama. The most famous one is probably Nagaya no Hanami. Poor residents in a nagaya (terraced house) in downtown Edo (Tokyo) set out for hanami, led by a stingy landlord. Since they are so poor, they substitute takuan (pickled radish that has a yellow color) for tamagoyaki (egg custard), daikon radish for kamaboko (fish cake), and diluted tea for sake. Even though what they bring is miserable, their mood is uplifted. But the festive mood and their frustration with their poverty causes a commotion. Today, hanami resembles a festival with its many vendors and performance stages, so "hanami" and "sakura matsuri" (cherry blossom festival) are used interchangeably.

There are many varieties of cherry blossoms, but the most common one in Japan is someiyoshino, which has five pale pink petals. Some other popular types are shidare-zakura (the one with willow-like, bending branches), yae-zakura (the one with multiple petals), and yama-zakura (the primeval variety often found in the mountains). Each hanami area is unique, offering different types of cherry blossoms and a different backdrop for the blossoms. It's hard to pick the best one, but some famous hanami spots are: Yoshino in Nara Prefecture, where yama-zakura cover the entire Yoshino Mountain; Hirosaki Kouen in Aomon Prefecture, where 2,600 someiyoshino trees grow around Hirosaki Castle; Osaka-Zouhelkyoku in Osaka, which has 120 varieties and 400 trees planted alongside the river; and Ueno Kouen in Tokyo, which is famous for its beautiful illuminated trees (known as a "light-up") at night.

Japanese people enjoy cherry blossoms not only when the flowers are in full bloom but also at various points during the blossoms' short lives. Everyone has his or her own favorite time to appreciate the beauty of the blossoms. In the case of someiyoshino, once the dark pink buds bloom, they become a whitish pink. So when they are in 50% bloom, for example, people can enjoy a mixture of different colors. Also, after the full bloom, the sight of petals fluttering in the wind is also elegant. It is important to know the date of blooming in order to pick a day for hanami, and people rely on official information from the Japanese Meteorological Agency, which announces its predicted blooming dates each year.

LIFESTYLE

TRAVEL — Onsen-Hopping in Historical Kaga

THE KURAMOTO — Tenju Shuzo Co., Ltd.

LEARNING — Japanese Crossword

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LISTINGS — School Guide

Onsen-Hopping in Historical Kaga

Near historical Kanazawa City, Kaga City in Ishikawa Prefecture is a popular tourist destination attracting people from all over the world. Kaga is actually the name of a large province in the old system, and it encompasses the entire prefecture which includes Kanazawa. Kaga City is equally rich in history and culture as its neighboring tourist city of Kanazawa, and it's also a great onsen hot spring town that features four different onsen areas with diverse water qualities. Only half-an-hour train ride from Kanazawa, here visitors can unwind themselves by bathing in a variety of onsen spots, eating great food and shopping for traditional crafts in Kaga Onsen-kyo, the region of Kaga hot springs.

Kaga Onsen-kyo consists of the Yamanaka, Yamashiro, Katayamazu, and Awazu onsen areas, each of which has different attributes and spring qualities due to the surrounding natural environment and its history. Thanks to their proximity to each other, visitors can easily enjoy onsen-hopping.

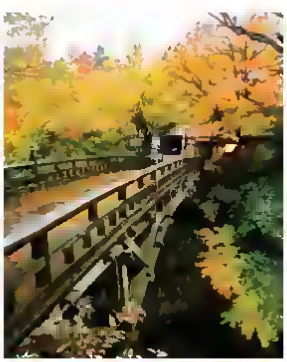
Yameneka Onsen has about 1300 years of history and it is known that historically famous people including monks, poets and writers visited there in the past. The average temperature of the spring is 48°C and it contains mainly calcium, natrium, and sulfate. It is said to be effective for neuralgia, muscle pain, chronic dermatitis and poor circulation. Beautiful nearby Kakusenkei Gorge is a popular hiking route among onsen visitors. Also, it is the home of famous crafts like Kutani-yaki (ceramics) and Yamanaka Shikki (lacquerware).
www.yamanaka-spa.or.jp

Situated almost in the center of Kaga Onsen-kyo, **Yumeshiro Onsen** is the biggest one in this area and also has an over 1300-year history. Cultural icons in the turn of the 20th century, such as Rosanjin Kitaoji, Akiko Yosano and Kyoka Izumi, sojourned to Yamashiro. With an average temperature of 64°C, via bathing it is good for recovering from fatigue by bathing and it is good for kidney stones and constipation.
www.yamashiro-spa.or.jp

Located north of Kaga City, **Katayamazu Onsen** was developed after the mid 19th century beside the Shibayamagata Lagoon. It still has about a 150 year old history and is the newest onsen town among the four. The mineral rich spring's temperature is as hot as 72°C, and it helps heal rheumatism and gout. It is a luxury to enjoy soaking in the onsen while watching the magnificent view of the reflection of the Hakusan Mountains on the lagoon.
www.katayamazu-spa.or.jp

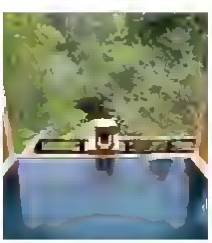
Another century old onsen is **Awazu Onsen**, which is actually located in Komatsu City. There is a ryokan which opened in the 8th century that is still in business. The spring's temperature is about 45°C and very mild, making skin feel supple after emerging.
www.awazuonsen.com

The other unique aspect of Kaga Onsen-kyo is that it has an established Soyu (public bath) system. Each of the four onsen areas have original Soyu, allowing visitors to bathe without staying at hotels and ryokans.



Korogi Bridge over Kakusenkei Gorge is a scenic hiking spot before or after bathing in the onsen.

Visitors can enjoy foot bathing casually.



Outdoor bath allows you to immerse yourself in the wild and tranquil nature while leisurely soaking.

WELCOMED BY "LADY KAGA"

Formed in 2010 to promote tourist business in their hometown, Lady Kaga is an all-female group of business owners, artists, restaurateurs, chefs and professionals living and working in Kaga Onsen-kyo. Visitors can enjoy services and items produced from a female point of view. Every Saturday from 2-3 pm from June to September, Lady Kaga welcomes visitors at JR Kaga Onsen Station.
www.ladykaga.ma

Lady Kaga in New York

This February, two Lady Kaga members, Yuri Nakamura (Kappo Kaga) and Saori Kishida (Yu no Yado Hakusan Shobutei) visited New York to promote Kaga Onsen-kyo. Chopsticks NY asked them for three recommendations and they picked the following:

1. Lady Kaga Guided Tour (Mini tour offered only at Yamashiro Onsen)
2. Gyatsu Kippu (A set of three tickets to exchange for sweets offered in the Kaga Onsen-kyo)
3. On-Tama Ice Cream (Ice cream topped with onsen tamago [soft, silky boiled egg cooked in the onsen hot spring])

Kaga City Tourist Organization Center
www.tabumati.net / kaga@tabumati.net

Hokuriku Shinkansen

The Hokuriku Shinkansen (Hokuriku Bullet Train) is scheduled to start service in March 2015. This shinkansen will connect Tokyo and Kanazawa in two and a half hours.

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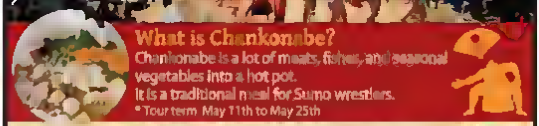

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Chankonabe is a lot of meats, fishes, and seasonal vegetables into a hot pot.
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YUKICHI FUKUZAWA (1835-1901)

As the first person to introduce modern European culture and society to Japan Yukichi Fukuzawa is one of the most important and influential figures in establishing modern Japanese society after the Meiji Restoration (1867). Born into a lower-class samurai family in Nakatsu, Oita, he started studying Dutch when he was 14 but the cultural climate of the period prompted him to study English. Fukuzawa volunteered his services when the Tokugawa Shogunate government sent envoys to San Francisco and learned English very quickly. Afterwards he visited Europe as a government translator. Based on his full experience of life outside Japan he wrote *Seiyo Jijo* ('Condition in the West') and introduced new ideas to people who were feeling uncertain after the philosophical change of the Meiji Restoration. Fukuzawa was also interested in education and wrote *Gakumon no Susume* ('An Encouragement of Learning') and founded Keio Gijuku now known as Keio University. His portrait has been on the 10,000-yen banknote since 1984.

Enticing the World with Flower Yeast Sake

Tenju Shuzo Co., Ltd.

It matters not if you are thousands of feet above it in an airplane or approaching in a lightweight jeep on a country road. From the moment the sight of the majestic Mount Chokai comes into view the tour of Tenju Brewery begins. The mountain is at once the poetic inspiration and the actual natural resource for the sake brand Chokaisan, which bears its name.

In 1874 Eikichi Ohi founded Tenju Brewery in Yashima Village in Akita Prefecture. Akita is the fourth largest producer of sake in Japan and Yashima Village is the number one producing region within Akita. Fewer than 6,000 people reside in the quaint, provincial town of Yashima yet they have affected the world of sake through their love of sake, their devotion to sake culture, and their continued pursuit of excellence in sake craftsmanship.

An enormous feat when one considers the severity of conditions during sake-making season in Akita. Daily snowfall engulfs the brewery and weighs heavily on the 140 year old structure. Inside the brewery hardworking kurabito (sake brewers) do their best to harness the forces of nature taking advantage of the snow cold temperature to craft sake using the long, slow 'Sannai' method.

Tenju Brewery's philosophy is, "Sake making is rice making." They exclusively commission farmers from 25 rice paddies. Every employee has worked from planting to growing to harvesting seasons. Thirty years ago Tenju Brewery was the first to organize a research group of farmers and sake brewers.

Tenju also worked hand in hand with Tokyo Agricultural University to develop flower yeast. Four uniquely different flower yeasts are used to create a wide selection of sake. Most notably, Chokaisan Junmai Daiginjo, the multiple award winning sake is made from yeast propagated from the delicate, pink nadeshiko flower. The yeast mimics an enticing, highly pronounced perfume that is both floral and fruity on the nose. The taste of Asian pear, crisp apple, and anise are astonishingly delicate on the palate. With a satiny smooth mouthfeel, it is great with creamy oysters and a platter of mild to bold soft cheeses.

Tenju Shuzo Co., Ltd.
117 Jonai aza Hachimorishita, Yashima-machi, Yurihonjo-shi,
Akita 015-0411 Japan
TEL. +81-184 55 3165 | www.tenju.co.jp

3 things you should know about Tenju Shuzo Co., Ltd.

Sake Making is Rice Making

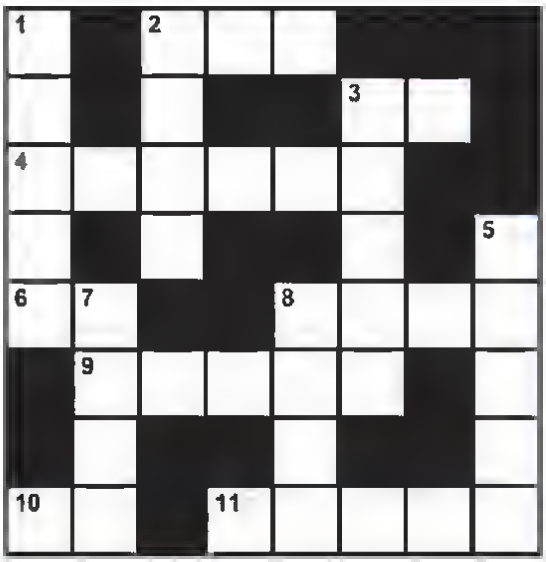
Without the very best rice one cannot make the very best sake. Tenju is devoted to supporting local farmers. By working exclusively with 25 commissioned farmers the brewery can ensure that only the highest quality rice comes to their brewery. Furthermore Tenju works with farmers on the continued development of local rice strains such as Akita Sake Komachi and Miyamanishiki.

Flower Yeast

The development and propagation of flower yeast is epoch in the storied history of sake making. The President of Tenju Brewery was a student of Professor Hisayasu Nakata of Tokyo University of Agriculture who discovered possibilities of flower yeast for sake in 1938. Tenju Brewery has been instrumental in the development of flower yeast strains; embracing tradition...at the forefront of modern advancement.

Rooted in Akita, Producing Akita-style Sake

Tenju Brewery uses rice grown locally, water from the majestic Mount Chokai and the regional Sannai method. Upholding local traditions is the secret to the international success of Chokaisan Junmai Daiginjo. It is currently available in fine wine stores across the U.S. and on the menu in five star restaurants of both Japanese and Western cuisine.



Japanese CROSSWORD

Across

2. On April Fool's Day, you can play practical jokes, which are sometimes hard to distinguish from _____(lies)

3. Japan's major railroad system, once nationalized and now privatized, is commonly called ___ using the initials of its English name

4. _____(private detective) in Japanese

6. "Luck" in Japanese If it's good it's called "ko____" If bad, it's "aku____"

8. San Francisco has lots of _____(hills)

9. Sea water is actually ___(salt water)

10. Cherry blossom season is coming Cherry blossoms illuminated especially for night viewing are called "_____zakura"

11. "Apple" in Japanese

Down

1. The _____(pine tree) is used as a symbol of longevity and supremacy in Japanese culture

2. _____Park is one of the most popular parks in Tokyo and has museums, a temple, a zoo, and various monuments, including the statue of legendary samurai, Takamori Saigo

3. The Edo ___(period) is from 1603 to 1868

5. Spring is a nice season for _____(to take a walk)

7. The "maneki ___" (lucky cat) is used as a symbol of a thriving business

8. Many Japanese suffer from ____ (Japanese cedar wood) allergies

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4/9
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Title

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JAPAN POP QUIZ

During the sakoku period when Japan banned any trade with foreign countries, there was only one harbor that remained open to foreign ships. Which harbor was it?

1. Yokohama
2. Kobe
3. Nagasaki
4. Hakodate

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ECO-FRIENDLY AND STYLISH NEWSPAPER BAGS

Many times I find myself with a pile of already read newspapers waiting to be thrown in the recycle bin. But thanks to Shimanto Newspaper Bag instructor Ayumi Hata, I now have a new creative use for them. Shimanto is the name of a river in Kochi Prefecture said to be "The Last Clear Stream in Japan." In 2003 local residents sought to preserve it by starting the Shimanto Newspaper Bag initiative, which makes bags out of old newspapers. This project reflects the "mottainai" concept (avoiding making waste) that is deeply ingrained in Japanese culture.

I had the pleasure of working with Hata Sensei who has only been studying newspaper bag making since last summer, but seemed like a seasoned expert. Her hands have unbelievable dexterity, and she has a great artistic sense as well. For someone like me who even has trouble making an origami crane, she was a godsend. Her guidance along each step of the way was a big help, but I found myself surprised that such a beautiful, unique creation could be made so easily.

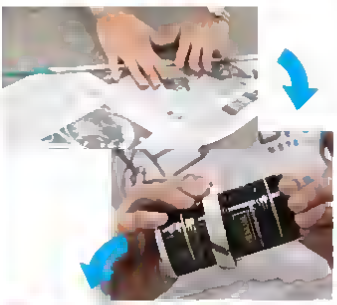
The materials you need to make the bags are pretty basic. Besides the obvious newspaper, other essential items are glue (non-chemical), a cutter, rods (a Japanese style can coffee or something similar), scissors, a ruler, a paintbrush and a jar with weight that you can use to press down the creases of your folds. We began by making what would be the handles for the bag. This involved rolling a sheet of newspaper around the rods before removing them, then rolling the resulting handle around the coffee can to get the curved shape they would eventually have.

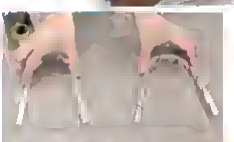
The next step is choosing the images you want to be displayed on your bag. In order for the side you want to show to be featured, you can try to strategically lay out the newspaper. However, there is a certain degree of mystery as to how it will actually appear at the end, which according to Hata Sensei is the fun of it. I picked a colorful illustration for the bag's front, and was then guided through a series of numerous folds and gluing in order to create the bag's base and sides. Due to my origami-challenged hands I found this a bit difficult at first, but after a bit of practice I slowly started getting the hang of it. With the final step of attaching the handles to the bag, I was thrilled to see my creation come to fruition!

—Reported by *Stacy Smith*

Shimanto Newspaper Bags will be sold at Sakura Matsuri in Brooklyn Botanic Garden on April 26th and 27th. Hata Sensei will demonstrate how to make the bags on site.
www.bbg.org/visit/event/sakura_matsuri_2014

Info: www.facebook.com/shinbunbaglabony





After putting the rod inside the rolled newspaper, add then removing it, the coffee can is then used as a roller to make the bag's handles.

You imagination is the limit in designing your bag, but you do have to choose which newspaper section you want to use and strategically arrange it.

With some origami-like folding, the base and sides of the bag are created. After adding handles, you have a one of a kind finished product!

School Guide

The following is a list of schools where you can learn Japanese culture.

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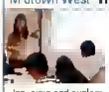
LANGUAGE

Upper West — Your True Self — Japanese
501 Seminary Row (at Amsterdam Ave.) 212-678-4251

Midtown West — NY Japanese Language — Japanese
257 W 39th St (bet 7th & 8th Ave.) 646-345-8777

Midtown West — The Nippon Club/JFNY — Japanese

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145 W. 57th St. (bet. 5th & 7th Ave.) 212-581-2223 www.nipponclub.org/culture — Japanese

Midtown East — Amity Language Institute* — Japanese
124 E. 40th St. #203 (at Lexington Ave.) 212-697-1374

Midtown East — Hills Learning — Japanese

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380 Lexington Ave. 17 Fl. (bet. 41st & 42nd St.) 212 551-7903 www.hillslearning.com — Japanese

Midtown East — ibec language institute, inc.* — Japanese
303 Lexington Ave. #300 (bet. 40th & 41st St.) 212-557-2000

Midtown East — Japan Society — Japanese
333 E. 47th St. (bet. 1st & 2nd Ave.) 212-715-1258

Midtown East — PC Tech* — Japanese
317 Madison Ave. #900 (at 42nd St.) 212-808-4754

Koreatown — BYJ USA Culture Class — Japanese
350 5th Ave. 3 Fl. (bet. 33rd & 34th St.) 212-594-2720

Chelsea — ABC Language Exchange* — Japanese
146 W. 20th St. #9E (bet. 6th & 7th Ave.) 212 563-7580

Chelsea — Tanri* — Japanese
43A W. 13th St. (bet. 5th & 6th Ave.) 212-645-2900

Tribeca — Tribeca Language — Japanese
22 Harrison St. (bet. Hudson & Greenwich St.) 212-219-9499

Long Island — Long Island Japanese — Japanese
21 Bonnet Hill Rd. Port Washington, NY 11050 516-883-5745

Westchester — Go! NihonGo Language — Japanese
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Westchester — WCC/Continuing Edu* — Japanese
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3 College Rd. Purchase, NY 10577 914.701.3454 www.keio.edu — Japanese

New Jersey — Japanese-American Society of New Jersey* — Japanese

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304 Main St. 2nd Fl. Fort Lee, NJ 07024 201-461-5133 www.jasonj.com — Japanese

New Jersey — R/Liego Learning Center — Japanese
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315 W. 61st St. (at West End Ave.) 212-247-2589 www.seikoushodou.com

Upper West — Sogetsu Ikebana School — Ikebana
201 W. 70th St. (at Amsterdam Ave.) 212-873-8115

Upper East — Urasenke Chanoyu Ctr — Sado
153 E. 53th St. (bet. 3rd & Lexington Ave.) 212-355-5161

Midtown West — Ellie's New York Floral Design — Ikebana
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Midtown West — N.Y. Togei Kyoshitsu* — Pottery

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Midtown West — The Nippon Club — Sado
145 W. 57th St. (bet. 6th & 7th Ave.) 212-581-2223

Chelsea — Ikebana Flowers New York — Ikebana
1133 Broadway #230 (bet. 25th & 26th St.) 212-255-3788

Lower Mhn — Takemori Calligraphy Class — Calligraphy
31 Bond St. (bet. Bowery & Lafayette St.) 917-573-2132

Soho — Kimonn House — Kimono
131 Thompson St. (bet. Prince & Houston St.) 212 505-0232

Queens — Nosho-kai Ryukyu Dance School — Dance
242 17A Oak Park Dr. Douglaston, NY 11362 718-631-2837

Japan — Ohara School — Ikebana
OharaNYC@aol.com 201-795-0353

MARTIAL ARTS

Upper West — Aikido Up Here — Aikido
3 Henshaw St. (Rivers de Dr. & Dyckman St.) 646-483-8700

Upper West — Kokushi Budo Institute — Judo
332 Rivers de Dr. (bet. 105th & 106th St.) 212-866-8777

Upper West — Shorinryu Motsubayashi* — Karate
131 W. 72nd St. #2R (Columbus & Amsterdam) 212-875-1102

Upper West — UWS Kenshikai Karate* — Karate
320 Columbus Ave. (bet. 105th & 106th St.) 212-222-1172

Upper East — Aikido Shoho Dojo — Aikido
350 E. 92nd St. (at 1st Ave.) 646-509-9212

Midtown West — D-Dojo — Karate
500 8th Ave. 12 Fl. (bet. 35th & 36th St.) 212-537-6441

Midtown West — New York Budokai — Kendo
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520 8th Ave. 18th Fl. (bet. 36th & 37th St.) **Karate**
646-235-0233

Midtown West **World Oyama Karate**
35 W. 31st St. 6 Fl. (bet. 5th Ave. & Broadway) **Karate**
212-629-7706

Midtown East **KYOKUSHIN KARATE NY Branch***
State of the Art Facility Now Open on Madison Ave. 3 Tri State Area Locations Edgewater, NJ, Westchester NY and Midtown Manhattan]
All Ages & Abilities Welcome. KIDS FREE TRIAL CLASS available. Counting Champions Since 1953
265 Madison Ave. 5 Fl. (at 39th St.)
212-347-3334 www.kkny.net **Karate**

Chelsea **N.Y. Shorin Ryu Karate**
37 W. 20th St. 9 Fl. (5th Ave. & Broadway) **Karate**
212-430-5400

Chelsea **New York Aikikai***
142 W. 14th St. 2 Fl. (bet. 6th & 7th Ave.) **Aikido**
212-242-6248

Chelsea **U.S. Budo Kai-Kan***
110 W. 14th St. 2 Fl. (bet. 6th & 7th Ave.) **Mix**
212-807-7336

Chelsea **World Seido Karate***
111 W. 23rd St. 2 Fl. (bet. 5th & 6th Ave.) **Karate**
212-924-0511

East Village **Karate Honma Dojo**
56 E. 11th St. 5 Fl. (Broadway & University) **Karate**
212-505-3656

East Village **New York Jiu Jitsu***
666 Broadway Rmt. (at Bond St.) **Jiu Jitsu**
212-343-9310

Tribeca **Kan Zen Institute**
54 Thomas St. (bet. Church St. & W. B'way) **Kendo**
212-406-8104

Tribeca **Oishi Judo Club***
547 Greenwich St. (Vandam & Charlton St.) **Judo**
212-675-1850

Brooklyn **Aikido of Park Slope**
555 9th Ave. (at 15th St.) **Aikido**
718-788-5032

Queens **Bujinkan Rukasu Budo Dojo**
Learn to walk the path towards the enlightened warrior (bodhisattva) and modern training balance and harmony are the keys. Classes for Men, Women & Teens. Training locations in Manhattan & Queens. For more information contact: info@rukasubudodojo.com
25-31 Parson Blvd. Flushing, NY 11354
917-975-0925 www.rukasubudodojo.com **Training Studio**

Queens **School of Taijutsu**
475 Onderdonk Ave. Ridgewood, NY 11385
917-403-7035 **Mix**

Long Island **NY Sou Tao Karate**
1370A Majors Path Southampton, NY 11968
631-556-4220 **Karate**

New Jersey **Kokushikai Judo***
24-28 Fair Lawn Ave. Fair Lawn, NJ 07410
201-797-8988 **Judo**

New Jersey **KYOKUSHIN KARATE NJ Branch**
360 Old River Rd. 2 Fl. Edgewater, NJ 07020
212-947-3334 **Karate**

New Jersey **Ridgewood Karate School**
30 Cottage Pl. Ridgewood, NJ 07450
201-447-2272 **Karate**

New Jersey **Yoshitsune Jujutsu Kai**
434 Broadway Bayonne, NJ 07002
201-725-3015 **Jiu Jitsu**

OTHER

Upper West **Columbia Univ**
2960 Broadway (at 116th St.)
212-854-7403 **Music**

Upper West **DanceCatNY**
DanceCatNY's New York's Japanese 2 mile group. Open for anyone interested in getting in shape, losing weight or just having fun. Everyone is welcome. Come join us! Please check our web site for class info.
www.DanceCatNY.com
dancecatny@gmail.com **Dance**

Upper East **Saori Weaving Arts**
227 E. 67th St. (bet. 2nd & 3rd Ave.)
212-722-2695 **Other School**

Midtown East **SOBA Making**

Soba Making Lesson Every Sunday. Session 12-2:30pm. This lesson will include a lecture on the history and nutrition of soba as well as tasting and hands of soba making. Contact Mr. Hashimoto at world_wide_soba_ny43@yahoo.co.jp
830 3rd Ave. 2 Fl. (at 51st St.)
www.worldwide-soba.com **Cooking**

Midtown East **The DOJO***
The Dojo
Athletic Arts Training Center
NOW OPEN near Grand Central!
Performance Arts, Martial Arts, Dance, Stunts, Rentals, Movement Studies and more
2500sf State of Art Facility fully equipped for Rehearsals, Auditions, Group Classes, Personal Training
265 Madison Ave. 5 Fl. (at 39th St.)
212-947-3334 www.kkny.net **Training Studio**

Midtown West **The Nippon Club**
145 W. 57th St. (bet. 6th & 7th Ave.)
212-581-2223 **Dance**

Midtown West **Toho Shoji N.Y.***
390 6th Ave. (bet. 26th & 27th St.)
212-686-7465 **Jewelry Making**

Chelsea **COBU**
69 W. 14th St. 3 Fl. (bet. 5th & 6th Ave.)
917-804-2722 **Japanese Drum**

Chelsea **Sachiyo Ito & Dance Co**
405 W. 23rd St. #4G (at 9th Ave.)
212-727-0265 **Dance**

Chelsea **Toko Kyudojo**

Kyudo, the practice of Zen archery, is a form of moving meditation. The focus of the practice is on "cleaning the mind," rather than marksmanship. The target becomes a mirror reflecting one's mood at the moment of the arrow's release.
118 W. 22nd St. 6th Fl. (bet. 6th & 7th Ave.)
212-613-0936 www.tokokyudojo.org **Kyudo**

Tribeca **Florentine School**
354 Broadway (bet. Walker & White St.)
212-625-8338 **Music**

Nippon Club CULTURE COURSES
日本クラブカルチャー講座

Conversation Café
Tue, April 8, 6:30 pm @ The Nippon Club
Chat in Japanese! All levels welcome!
$5 (refreshments incl.)/person
Space limited. RSVP to jpcourse@jfny.org

JF日本語講座
Japanese Language Course

SPRING 2014
April 16 - Jul 15
Learn Japanese and Explore Japanese Culture with Us
Register Now!
For more details:
www.jfny.org/language/overview.html

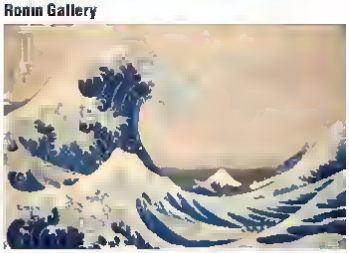
JAPANFOUNDATION NEW YORK
152 West 57th Street
New York, NY 10019
(212) 489-0299
jpcourse@jfny.org

THE NIPPON CLUB, INC
145 West 57th Street
New York, NY 10019
(212) 581-2223
culture@nipponclub.org

Entertainment Event / Leisure

Exhibition

Through April 26 FREE
"The Sea: Above and Below" Exhibition
Ronin Gallery



In conjunction with Asia Week 2014, Ronin Gallery is hosting "The Sea", an exhibition of over fifty important 18th through 20th century woodblock prints celebrating the significance and poetry of the sea in Japanese art. "The Sea" showcases a rare collection of exquisite woodblock prints by such artists as Utamaro, Hokusai, Hiroshige, Kuniyoshi and Yoshitoshi. This exhibition will feature some of the most famous and revered images of the sea including Hokusai's "Great Wave off Kanagawa" Whether through dynamic compositions, refined line, or subtle color, this exhibition celebrates the moods and songs of the sea.

Location: 425 Madison Ave., (bet. 48th & 49th Sts.), 3rd Fl.
New York, NY 10017
TEL: 212 688 0188 / www.roningallery.com

Through May 14 FREE
Portraits" Paintings by Chika Yoshii
Lincoln Square Neighborhood Center

Twenty nine works by Brooklyn-based Japanese artist Chika Yoshii, are on display in the Lincoln Square Neighborhood Center. Having studied Japanese painting in high school and textile design in Kyoto Art College, Yoshii has produced paintings in various format since 2003. The paintings in this exhibitions are all portraits that express her inner voices through meditation.

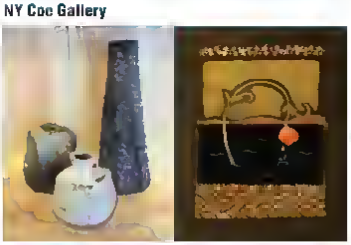
Location: 250 W. 65th St., (bet. Amsterdam & West End Aves.)
New York, NY 10023
TEL: 212-874-0860 / www.lsncny.org
www.chikayoshii.com

March 25 – July 27
"Kiyochika: Master of the Night" Exhibition
Arthur M. Sackler Gallery

The Japanese city of Edo ceased to exist in 1868, was renamed Tokyo ("Eastern Capital") by Japan's new rulers and became the central experiment in a national drive towards modernization. In the exhibition "Kiyochika: Master of the Night", spectators will be able to see the radically transforming capital city of Edo reappear in a series of woodblock prints by artist, Kobayashi Kiyochika. Widely regarded as Japan's first artist with a distinctly modern tone, Kiyochika's woodblock exhibition will feature the most comprehensive survey of his body of work including the largest collection of his cityscapes. The exhibition will also be open during the National Cherry Blossom Festival (Mar. 20-Apr. 13) Washington, D.C.'s springtime celebration of Japanese culture.

Located: Freer Gallery of Art / Arthur M. Sackler Gallery
Smithsonian Institution
1050 Independence Ave. SW
P.O. Box 37012, MRC 707, Washington, D.C. 20013-7012
TEL: 202.633.1000 / www.asia.si.edu

April 10 - 23 FREE
An Exhibition by Tetsuo Sagane and Yukiharu Nihei
NY Coo Gallery



In April, NY Coo Gallery will be holding an exhibition featuring ceramic artist Tatsuo Sagane and textile artist Yukiharu Nihei. Sagane uses his traditional anagama kiln he built, which creates striking natural surfaces from the natural ash glaze and brings forth a spirit that fuses all the elements of nature: clay, fire, wood and air to become his expression. Nihei, specializing in designing textile kimono, creates paintings that are simple and minimalist utilizing traditional Japanese dying techniques, and is recognized for his uniquely inventive style and color palette that brings out the beauty of the materials. The exhibition is organized by NY Coo Gallery and Magnolia NY.

Location: 133 Broadway, (bet. 25th & 26th Sts.), #335
New York, NY 10010
TEL: 212-380-1149 / www.nycoo.com

Performance

April 6
Salon Series #49- Ma and Breathing in Dance and Healing Arts
Sachiyo Ito & Company

Salon Series offered by Sachiyo Ito & Co. is an ongoing program of informative and educational lectures, demonstrations and performances aimed at those who are interested in deepening their knowledge of the performing arts of Japan. The prevailing theme in the 2014 Season Salon Series is "Ma," the particular sense of space and time in Japanese arts and culture. The second installment of the Ma series will explore breathing in dance and in healing. The cultivation of Ma in breathing will be discussed and demonstrated, while a shiatsu healing master will demonstrate Ma in breathing in his healing work. Wataru Ohashi is the founder of Ohashiatsu®--the healing touch based on Eastern methods and philosophy. Excerpts from Kabuki dance and Okinawan dance will be demonstrated and Ito's work *Dedication* will be performed.

Location: Tenri Cultural Institute,
43A W. 13th St., (bet. 5th & 6th Aves.), New York, NY 10011
Info: www.dancejapan.com
TEL: 212-627-0265

Event

APRIL 5 and 6 FREE
Beginner's Karate Class
Kyokushin Karate NY

Official IKO-USA Branch, Kyokushin Karate NY will be holding their Spring Open House for beginner children and adults. Classes will be held at three locations: Midtown NYC, Harrison NY, and Edgewater, NJ. Open House participants will receive a New Student's Coupon worth $50 off registration if they decide to enroll. No uniform is needed to attend. Please call or email for class times, locations and more information. Reservations required as space is limited.

Info. www.kknyc.net / sensei@ikohonbu.com
TEL. 212 947 3334

April 8
Conversation Café presented by JF Japanese Language Course
The Japan Foundation / The Nippon Club

JF Japanese Language course will hold Conversation Cafe for a fun and interactive conversation. Moderated by their native Japanese language instructor, you will learn about Japanese culture as well as language in a relaxed atmosphere over a cup of Japanese tea and snacks. This is a great opportunity to share useful information, refresh your memory and make new friends. This time, the feature of the conversation will be "Ichioshi (highly recommended) spots" in Japan. All levels are welcome. For more information and to reserve, please visit www.jfny.org/language/events.html

Location. The Nippon Club
145 W. 57th St., (bet. 6th & 7th Aves.), New York, NY 10019
TEL 212-489-0299 / www.jfny.org

April 9
Shochu Tasting and Seminar by Nishiyoshida Shuzou Brewery
Nishiyoshida Shuzou Co., Ltd.

Nishiyoshida Shuzou Brewery in Chikugo City, Fukuoka, has been creating authentic barley shochu since its establishment in 1890. Their premier shochu including "Tsukushi", "Kintaro" and "Jakuunbaku" are gaining popularity in New York as well. There will be a shochu seminar with tastings by Kyoko Yoshida the president of Nishiyoshida Shuzou at Shochu and Tapas Aya. This seminar is a precious opportunity to learn the manufacturing process and features of Nishiyoshida's barley shochu. Participants can also try different ways of drinking shochu to experience how the serving styles affect the flavors. The seminar is limited to 15 people and held from 8-9 pm. For reservation, call Shochu and Tapas Aya.

Location. Shochu and Tapas Aya
247 E. 50th St., (bet. 2nd & 3rd Aves.), New York, NY 10022
TEL. 212 715-0770
www.aya-nyc.com

April 11 and 12
Special Kyoto-Style Lunch and Dinner Events
Kokage by Kajitsu Ippodo Tea New York

Kokage by Kajitsu is a non vegan sister restaurant of Kajitsu that specializes in Kyoto-style shojin ryori (vegan cuisine developed by Buddhist monks). This April Kokage by Kajitsu and Ippodo Tea New York also from Kyoto are collaborating to produce special lunch and dinner events to demonstrate the pairing between Japanese tea and Kokage's original cuisine. Take this wonderful opportunity to try an exquisite Kyoto style dining experience. Space is limited. Please direct reservations and inquiries to event@ippodo-tea.co.jp

Location. Kokage by Kajitsu (behind Ippodo Tea New York)
125 E. 39th St., (bet. Park & Lexington Aves.)
New York, NY 10016
TEL. 212 370-0609
event@ippodo-tea.co.jp

April 12 and 13
Japanese Tea Workshop
Ippodo Tea New York

Ippodo Tea Co. is a long-standing esteemed tea provider based in Kyoto. Ippodo Tea New York, the company's first NY branch will celebrate its first anniversary in April. As a sign of their gratitude to the customers who made their first year a success, they are holding a workshop. It covers topics like "an introduction to Japanese green tea" and "three keys to preparing Japanese tea" as well as a hands-on experience preparing sencha tea, the most popular tea in Japan. This event will also include sweets in addition to the delicious Japanese green tea. Entrance fee is $35/per person (or $60 for 2 people). For reservations and inquiries, email event@ippodo-tea.co.jp or call the store.

Location. 125 E. 39th St., (bet. Park & Lexington Aves.)
New York, NY 10016
TEL. 212-370-0609

Happenings

Tokuyama Salon East Village Grand Opening Promotion
Tokuyama Salon East Village

Since opening on the Upper East Side 2 and a half years ago, Tokuyama Salon has become so popular amongst the locals they opened a second shop in the East Village on Mar. 1. Until Apr. 30 as an opening promotion, all cuts with the owner/stylist Taka Tokuyama (Reg. $94) will be offered at 40% off and other services like perm and color will be offered at 30% off. The owner has done shoots for New York magazines, styled fashion shows and has been featured on Japanese TV. Offer limited to new clients at the East Village location.

Location. 627 E. 6th St., (bet. Ave. B & Ave. C), New York, NY 10009
TEL. 212-260-7607 / www.tokuyamasalon.com

Free Beef Tail Bun for Chopsticks NY Readers Ordering Delivery
Yakiniku GEN

1 year old Japanese BBQ restaurant featuring U.S. Kobe Beef. Yakiniku GEN started delivery service in March. Customers mentioning Chopsticks NY for delivery orders can get one free Beef Tail Bun, a sweetened oxtail slowly stewed and served with spicy mayo. Delivery area is within 5 blocks of the shop (north up to 57th St., south to 47th St., east to Lexington Ave., west to 1st Ave.). They take orders via phone only. Delivery available only at dinnertime. Valid until April 30.

Location. 250 E. 52nd St., (bet. 2nd & 3rd Aves.), New York, NY 10022
TEL. 212-268-2910

Costomers Getting Color Receive Free Salon Treatment

Hearts New York

Since opening three years ago on the Upper East Side and with a main salon in Tokyo Hearts New York Salon offers a tailored design approach with detail-oriented service Now customers getting color service will receive a free treatment ($45 value) that uses the Milbon 3-step treatment system with different chemicals to suit each hair type Milbon Treatment results in smooth silky shiny, strong healthy moisturized and pliable hair Customers will also receive 3-4 time use take-home treatments Mention Chopsticks NY during booking Valid until Apr 30

Location: 40 E. 58th St., (bet. Park & Madison Aves.), 2nd Fl.
New York, NY 10022
TEL. 212-810-6900 / www.heartsny.com

New Costomers 20% Off Gel Manicure

Yukie Beauty Spe

Operating a nail school in Tokyo Yukie Beauty Spa offers advanced Japanese nail technology and the latest stylish nail art with more than 400 nail colors imported from Japan All manicurists are Japanese with a lot of experience Now new customers can receive 20% off their gel manicure Mention Chopsticks NY at time of booking Offer ends May 15

Location: 40 E. 58th St., (bet. Park & Madison Aves.), 2nd Fl.
New York, NY 10022
TEL. 212-702-9661 / www.beauty-ny.com

Relocatron Anniversary Promotion

Salon Wave

Salon Wave is a beauty salon in Midtown East providing trendy hairstyles for the highest customer satisfaction On Apr 1, the salon relocated and reopened on the same block, transforming into a more spacious and stylish shop To commemorate their renewal and reopening customers getting a hair treatment can receive a deep conditioning service for free Mention Chopsticks NY during booking Valid until Apr 30

Location: 1029 2nd Ave., (at 54th St.), New York, NY 10022
TEL. 212-855-7399

Costomers Getting Color Receive Free Selee Treatment

Michi Beauty Selee

Since its opening in Japanese Grocery Store Mitsuwa Marketplace in 1990 Michi Hair Salon has been a staple for its locals, offering a relaxing space after shopping activities Now customers getting color service will receive a free treatment ($45 value) that uses the Milbon 3-step treatment system with different chemicals to suit each hair type Milbon Treatment results in smooth, silky, shiny strong healthy moisturized and pliable hair Customers will also receive 3-4 time use take-home treatments Mention Chopsticks NY during booking Valid until Apr 30

Location: 595 River Rd., Mitsuwa Marketplace, 2nd Fl.
Edgewater, NJ 07020
TEL. 201-941-1189 / www.michinyc.com

Digital Perm Campaign

T-Gerdees

Opened 2 years ago in Midtown East, Japanese hair salon T-Gardens specializes in digital perm and straight perm. Digital perm creates a more natural curl than the usual perm while also lasting about 1.5/2 times longer As a spring promotion, T-Gardens is offering their digital perm at $ 190 (Reg $ 250) With cut also included in the price it is a great value for the money Mention Chopsticks NY at time of booking Offer valid until Apr 30

328 E. 59th St., (bet. 1st & 2nd Aves.)
New York, NY 10022
TEL. 212-355-8105
www.t-gardens.com

First Time Costomers Can Enjoy RF Treatment at 50% Off

Corina Beauty Center

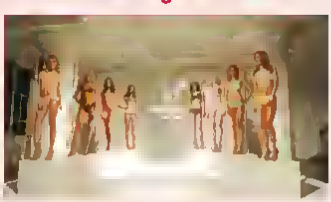
Owned by a New York State certified, 30-year veteran treatment practitioner Corina Beauty Center offers advanced technology facial massages and Natural Permanent Eyebrow tattoo Now first time customers can get the RF Treatment for 50% off RF treatment uses a machine to activate cells promote metabolism and cell turnover, rejuvenating the skin It can also remove melanin pigment blemishes and prevent wrinkles and sagging by reducing collagen loss Take advantage of this discount offer and rejuvenate this spring Offer ends Apr 30

Location: 121 Baxter St., (bet Canal & Hester Sts.)
New York, NY 10013
TEL. 212 941 7111

Happenings Feature

Presenting Spring/Summer Collection in Lingerie Fashion Week

Bradelis New York



This year Bradelis New York once again participated in the Lingerie Fashion Week from Feb 20-22. Bradelis New York has attracted many women as a New York brand which is famous for stylish undergarments that create a beautiful and flattering body line Bradelis' new collection was presented on the first day in a runway fashion show Perfect for spring 8 pieces were introduced from mint colored bras to sexy-but-cute shiny floral lingerie which enticed about 300 spectators Also in attendance was developer of Bradelis New York, Gold Flag Co., Ltd. President, Akiyo Hirakubo "Every woman has insecurities and even a correction of a millimeter can boost confidence "commented Hirakubo She also hopes "These not only functional but beautifying and correcting undergarments will become a huge sensation in the future "

211 Elizabeth St., (bet. Prince & Spring Sts.), New York, NY 10012
TEL. 212-941-5629

66 Madison Ave., (bet. 27th & 28th Sts.), New York, NY 10016
TEL. 212-599-2233

135-20 39th Ave., (at Sheraton LaGuardia East Hotel), Suite HL 219, Flushing, NY 11354 / TEL. 718-353-1345

www.bradelisnewyork.com

1-Year Anniversary of Opening Chelsea Stadium Promotion

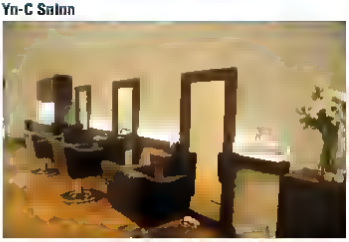
Go!Go!Curry!

Go!Go!Curry! will celebrate the first anniversary of opening Chelsea Stadium on Apr 25. They will hold a one-day promotion on the day offering Single (M) size curry for $5. Also, customers will receive as many as 5 free topping coupons. (Usually customers who come on the 5th, 15th, and 25th of a month are given one coupon.) These promotions are valid at the Chelsea Stadium location only.

Location: Chelsea Stadium
144 W. 19th St. (bet. 6th & 7th Aves.), New York, NY 10011
TEL. 212-255-4555 / www.gogocurryusa-ny.com
@GOGOCURRYUSA

Free Travel Size Shampoo and Treatment

Yn-C Salon



At this East Village salon, owner/stylist, Yoshi utilizes the funky & edgy styles of Tokyo, elegance of Paris and aggressiveness of NY styles to highlight an individual customer's personality. By paying close attention to the needs of each and every individual, their highly experienced team of stylists can create custom cutting edge styles with a natural look. Mention Chopsticks NY to receive a free travel size shampoo and treatment. Student discounts also available.

Location: 225 E. 5th St., (bet. 2nd & 3rd Aves.), New York, NY 10003
TEL. 212-529-0355 / www.yc-salon.com

Veteran Hair Stylist Offers $20 Off to Chopsticks NY Readers

Ken Shigematsu

With over 30 years experience in Japan and the U.S., veteran stylist, Ken Shigematsu provides service "from the heart" with solid techniques and a cheerful personality. He spends as much time and care as necessary to make sure that each customer is completely satisfied. His price ranges are reasonable (Hair cut starting at $70) and he offers $20 off your total. Mention Chopsticks NY when you book your appointment. The offer is valid for new clients only.

Location: 123 5th Ave., (bet. 19th & 20th Sts.), New York, NY 10003
TEL. 646-234-1134

Limited Offer: Anti-Aging Bento Developed by Physician

BentOn / Table For Two

Japanese bento specialty store, BentOn caters healthy bento boxes at reasonable prices. Until Apr. 30, they are offering two kinds of Anti-Aging Bentos co-developed with Table For Two, NPO promoting healthy meal programs. Supervised by Yuka Seki, physician and anti-aging adviser, the bentos' Black Sesame Coated Grilled Fish and Grilled Chicken Marinated with Garlic Miso are made by using ingredients high in anti-aging properties. Each costs $8.75 and 25 cents out of each purchase will be donated to schools in Africa in famine. Twenty five cents is equivalent to one school meal in such countries.

Locations: (45th Street Store)
156 E. 45th St., (bet. 3rd & Lexington Aves.), New York, NY 10017

(Financial District Store)
123 William St., (bet. John & Fulton Sts.), New York, NY 10038
www.Bento-On.com

Happenings Features

International Restaurant & Foodservice Show of New York

TAKUMI JAPAN

On Mar. 2-4, TAKUMI JAPAN sponsored by the CFSCIJ (Central Federation of Societies of Commerce and Industry Japan) showcased quality food and beverage-related products from Japanese micro, small and medium-sized businesses at the Jacob Javits Center. TAKUMI JAPAN exhibited about 150 products mainly focusing on "WASHOKU" (Japanese cuisine) that was registered on the Intangible Cultural Heritage of Humanity list by UNESCO in December 2013. At the TAKUMI JAPAN booth, hundreds of visitors felt the spirit of 'monozukuri' (which translates to making things) the technical precision, aesthetic integrity and reliability that is unique to Japanese craftsmanship. The TAKUMI JAPAN booth was divided into four areas to highlight the Japanese food and beverage products: Seasoning, Liquor Drink, and Rice/Noodles/Others to highlight products by ingredients or categories that are part of Japanese daily life. Also renowned Japanese chef Akio Saito was seen demonstrating some key aspects of Japanese cooking such as how to use umami ingredients and visitors got to experience many fun food-tasting sessions.

Info: www.takumijapan.jp

Drama Jewelry Tradeshow 2014

hpgrp GALLERY NEW YORK

On Feb. 25 – 28, hpgrp GALLERY NEW YORK presented a tradeshow entitled "Drama Jewelry JAPAN TOKYO / NEW YORK Tradeshow 2014", which showcased a new and rapidly expanding market of jewelry design by Japanese creators in Japan. With a commitment to "Japanese Creations," the tradeshow presented a close-up view of Tokyo through original Japanese jewelry represented by 28 brands and manufacturers of contemporary Japanese jewelry and accessories. Not only buyers and press were invited, but the general public was also able to attend and purchase rare products and accessories on the show floor. Industry leaders and professionals were also present to trade and sell fashion jewelry. All in all, this special event drew the media and consumers to this increasing trend of "Japanese Creations" as they're just beginning to take root in the global market.

Next show will take place in September 2014 during New York fashion week.

Location: hpgrp GALLERY NEW YORK
529 W. 20th St., (bet. 10th & 11th Aves.), 2 Fl., New York, NY 10011
TEL. 212-727-2491 / www.hpgrpgallery.com/newyork

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www.house-foods.com

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Moroheiya is a super vegetable that is mare nutritiaus than spinach, carrats ar braccali. Since its first discavery in ancient Egypt, has been prized far its health and beauty benefits. Laved by Cleapatra, she used it as the secret ta her beauty.

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Shiitake

Tam Yum

Yokisobo

Miso

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act green
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